



PlumRus

Aftree op sy beste • Retirement at its best

PlumRus News September 2017

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How would you like to be remembered?

Not many of our residents would be aware of the Basson Trust. Some have heard about it and asked about it.

Uncle Nick Basson lived in Zone 4 Health Care. It was Mr Basson's desire to bequeath the proceeds of his estate to Plumstead Rusoord. When he passed away he donated these proceeds to establish a trust called the Basson Trust, which is privately managed outside of Plumstead Rusoord. According to Mr Basson's wishes, the exclusive beneficiary of the Basson Trust is Plumstead Rusoord, only to be used for specific purposes and not for general expenses. The Basson Trust assists Plumstead Rusoord with training and coaching of our staff and facilities for our Residents when needed.

The Basson Trust has to date already paid for the training of caregivers as Enrolled Nursing Assistants (ENA) and Enrolled Nurses (EN), the upgrade of our bathrooms and showers in PlumRus West / Health Care, the purchase of furniture, cupboards and equipment for PlumRus North and the Protea Coffee Shop. It has been a privilege to have known Mr Basson and to now be able to remember him as a compassionate man of discerning judgement.

It must be remembered that Plumstead Rusoord is an integral part of Badisa, which is a non-profit company, a registered NPO under the supervision of the Dutch Reformed Church and the United Reformed Church. Badisa is responsible for 154 social development programs, including 47 homes for the elderly, registered at the Department of Social Development to receive a subsidy for residents who receive only a state pension and therefore struggle to live independently. This is vital to assist such residents to maintain their dignity.

The main reason why residents are moving into Plumstead Rusoord is due to our comprehensive services and multi-functional accommodation. However, Plumstead Rusoord's pedigree and footprint is beyond just the accommodation. It is a full-service package.

During the past 8 years Plumstead Rusoord has been transformed from a *no-go old age home* to the most popular Home for the Elderly in the Southern Suburbs. Our long waiting list bears testimony to this. To illustrate the point: If we were to build 3 more Plumstead Rusoord's, we would still have people on our waiting list.

A big thank you to our Board and Management Team and many thanks to the late Mr Basson who experienced the best time of his life at Plumstead Rusoord.

Everyone who remembers Plumstead Rusoord in their Will is making sure that an older person - sometime, somewhere - will get the helping hand they need.

How do you go about it if you want to do the same as Mr Basson? When you draft your Will, ask your lawyer or notary to add a Charitable Bequest clause. If you already have a will, you may wish to add a codicil to it – the codicil may be drafted by your lawyer/notary or yourself with 2 witnesses signing it in addition to yourself.

Benefits of leaving a Bequest – you secure your wishes for the future of a favourite cause and your estate can benefit from tax exemptions.

Plumstead Rusoord Banking Details:

Account name	Plumstead Rusoord
Account Number	4506404409
Bank	ABSA
Branch	Plumstead
Branch Code	632 005
NPO	011-891
Vat No	4040118194

What better value can you buy for R154 today?

It is difficult to understand why R154 per day for "life right" residents is unacceptable when the following services and amenities are included:

- Daily 3-course meal(lunch), cleaning twice a week, laundry once a week, window cleaning, building management and maintenance (including light bulbs), all-hours security, and tea & coffee all-hours.
- Beautiful garden, library, hot water, two lifts, lights in passages and public areas, one communal DSTV Dish on business package, lounges and foyers for recreational purposes, free access to all movies, functions and activities, and uncapped affordable Wifi.
- Basic care (includes assistance with washing and showering, undress and dress, assistance with mobility, hourly checks, etc.), emergency button for nurse call or any emergency, and clinic services.

Plumstead Rusoord is very proud to be involved with our existing structure and legal entity Badisa while we subsidise levies from "life right units" to health care and our dementia unit. The full spectrum of elderly care.

We are also very proud to base our levies on income and not on a flat rate per square meter. The Board and Management walked the talk with affordable levies in 2017 and an ongoing emphasis to keep the levies as low as possible while continuing with our multi-functional services delivery for our residents. This is in line with our vision that living at Plumstead Rusoord is the "best time of your life", as testified by the late Mr Basson.

Christian Compassion is Plumstead Rusoord's living testimony and the foundation of our levies policy. The complete opposite of the few voices calling for a standalone legal entity and structure.

"The purpose of human life is to serve and to show compassion and the will to help others" – Albert Schweitzer

Plumstead Rusoord is committed to change our structure to assist a more comprehensive representation on the Board, while we stick to Christian compassion to serve our residents and Plumstead Rusoord will continue to serve the Lord.

Meetings to facilitate more representation on the Board will kick off at our AGM 18 September 2017. The following will be discussed: the reasons behind the meetings, the purpose of the meetings, the proposed new structure, the way forward and the elections in April 2018. Meetings scheduled for:

- PlumRus North - 27 September 2017 @ 18:00
- PlumRus East - 26 September 2017 @ 18:00
- PlumRus Mountain View - 21 September 2017 @ 18:00

and follow up 2 weeks later a joint meeting

- PlumRus North, PlumRus East and PlumRus Mountain View
- 11 October 2017 @ 18:00

Invitations to all our residents and families will be distributed 12 September 2017.

Rusoord is a safe, homely and happy home for the elderly with abundant friends – retirement at its best.

Important Notice from Stafie Smidt

If you lose your pin

You lose everything

Make a deposit in someone else's account today

May your troubles be less & Your blessings more

And nothing but happiness

Come through your door

I have deposited Love and Blessings in your account

And the best part is that it will cost you nothing

You just use it in abundance

Your pin number = Jesus

Geestelike Program – Spiritual Program Sep 2017

Friday @ 09:30

- 01 Mr Fred Roelofse
- 08 Allain & Nicole Ravello
- 15 Mrs Samantha Jameson
- 22 Bishop Joe Bell
- 29 Staff Ladies Prayer Group

Sunday @ 09:30

- 03 Mr John Faro
- 10 Rev Colin Bandfield
- 17 Rev Rob Hattingh
- 24 Rev Herbert Syre

Sunday @ 18:00

- 03 Dr Chris Saayman
- 10 Ds Kobus van Zyl
- 17 Dr Chris Saayman
- 24 Ds Jacob v/d Merwe

Ann Landers 1918 – 2002

At the age 20, we worry about what others think of us. At age 40 we don't care what they think of us. At age 60, we discover they haven't been thing of us at all"

Communion Services/ Nagmaal Dienste

- Methodist Communion: 18 September 2017
- Catholic Mass: 18 September 2017
- NG Kerk Nagmaal: 20 September 2017
- Rusoord Communion: 24 September 2017

Resident Birthdays

Mrs MC Farelo	4 th	R003
Mrs I Van Wyk	4 th	R043
Mrs TA Edward	5 th	R46B
Mrs HM Knuppel	5 th	F112
Mrs LR MacConnell	8 th	R006
Mrs OA Quarmby	8 th	R38C
Mr PJ De Villiers	8 th	F024
Mrs RL Healy	9 th	N108
Mrs JM Findlay	10 th	R064
Mrs MJ Stagman	14 th	R054
Mrs MS Du Plessis	15 th	F020
Mrs S Stuart	17 th	MV208
Mr DR Stuart	18 th	MV208
Mrs HCJA Esterhuizen	23 rd	F002
Mrs HL Binedell	27 th	F124
Mrs MJ Roodt	28 th	R34A
Mrs SR Dennis	29 th	F117

Staff Birthdays

Desiree Van Gee	1 st	Health Care
Ruth Wollenhofen	6 th	Health Care
Gary Dennis	7 th	Risk Man
Igshaan Davids	14 th	Facility Care
Jaqui Murphy	15 th	Senior Centre
Annie Adams	17 th	Facility Care
Chris Schutte	18 th	Admin
Essie Van Zyl	21 st	Senior Centre
Sofia Smith	24 th	Senior Centre
Nigel Katasie	26 th	Maintenance

Rusoord DSTV Bouquet

Why pay +- R900 per month if you can join the Rusoord Bouquet for only R 370 per month. You get M-Net, movie channels, sport channels as well as news channels. We can only connect this on the 01st of every month and require a copy of your id, your decoder number and smart card number to be able to connect you to the bouquet. For more information contact Bianca



Upcoming Thursday Morning Markets

Please join us on: **05 October 2017 – Last Market of the Year**
There are all sorts of treats for sale, cakes, pancakes, boerewors rolls and much more. There are also outside vendors with a variety of things. Come down to the hall and enjoy a free cup of coffee with your neighbours.

Welcome Party New Residents for September

Will be on 27 September 2017 @ 15:00. We have a few new Residents in Rusoord throughout the various buildings. Some of the Mountain View Residents will also only be moving in in September. We will be having a welcoming tea with the various Friends Representatives present and will also invite a few of the new Residents acquaintances. We will be having a monthly Welcoming Tea on the Last Wednesday of every month.

Feedback from Friends Group

Devotion was taken from Ephesians 6:10 10-18

Be Strong in the Lord. Put on the full armour of God, so that you can stand against the devil's schemes.

"Our Ice Breaker" In the Bible the clouds are associated with God. Clouds are the sorrows, sufferings or circumstances within our personal lives, yet it is in the clouds that the Spirit of God teaches us how to walk by faith. Rev1:7 He is coming with the clouds and every eye will see him. The friends visited all our Residents in the hospital as well as our sick and lonely Residents. We make sure that our new Residents feel happy at Rusoord. Our vision a safe, happy and homely and abundant friends you will find it here at Rusoord. Feel free to visit and join our friends group.

Gedagte vir die maand deur Sarel

Onthou altyd die son en vergeet die onweerswolke... Onthou dat jy soms gewen het en vergeet die donker lewenswolke... Vergeet van al die foute en leer daaruit n les, doen dan in die toekoms nooit minder as jou bes... Vergeet van al die onaangename wat ook soms daar was, moenie dat dit jou toekomsplanne onnodig gaan belas... Vergeet van al die dae alleen en sonder hoop, maar dink aan daardie glimlag wat geen geld ooit kan koop...Vergeet van mislukte planne al was dit soms jou loon, dink eerder aan die toekoms en MOET NOOIT OPHOU DROOM.

TV & Music Program in our Lounges

Every Monday, Saturday and Sunday @ 14:30 we show musical and spiritual DVD's in three of our lounges. Pin Cushion in Zone 2 in Health Care, Sugar Bush in Zone 4 in Health Care and Stokoei in Zone 5 in Health Care. The monthly movies are issued along with the monthly program so that all of the Residents know what is playing in which lounges and can attend if they wish to. We also have a tv program set up which is also issued to each Resident. This shows what channels are on in which lounges at what time of day. Remember that all lounges are open to all Residents. We invite you to come and watch television or a movie or to enjoy a cup of tea with your fellow Residents at tea time at 10:00/15:00.

21 September 2017: World Alzheimer's day.

Our dementia unit Zone 2 needs 24 x 7 care with understanding, empathy, patience, passion for the elderly and lots of love. Let us support our nursing, cleaning and facility care staff who deliver the multi functional services 24 x 7 to our residents. Let us pray for our residents and staff, living and working in Zone 2 as well as the other residents with dementia living in PlumRus East, North and Mountain View.

Womens Day @ Rusoord – Marlene

Our ladies were treated to a special lunch and were given a beautiful Red Velvet Cupcake and poem to commemorate the woman in our lives.

25 September – October 2017: Week of Older Persons.

This is the week of our concert especially for our residents. Please if you can contribute, your time, your skills, your joke, your singing, anything to make this week special. Please speak to Rhodene and Chantal our Concert Masters.

Family, friends, children, anyone who would like to help us – please follow up with Rhodene and Chantal.

On the first of October is Grandparents day – please move your contribution to your Grandparents the week of the concert to create the biggest and joy fullest concert ever at Rusoord.

What are your contribution to our biggest concert ?

Plumstead Rusoord Concert / Konsert

It's time...now's your chance to be part of the Plumrus Concert 2017 We will be hosting a one night concert in October 2017. A variety of singing, dancing, acting and instrumental playing will be taking place. Deon Lotz, the actor of the internationally known movie called *Mandela: Long walk to Freedom* and an Afrikaans production *Faan se Trein*, will be making an appearance too. We want to invite all the residents, staff, board members and management team to be part of our "lights, camera, and action". Please contact Rhodene and Chantal if you want to be part of this exciting concert. See you there!!

Feedback From the Library – Mrs Raven

The Aristata Library continues to serve its 64 "Book-Worms" from 8:30 to 9:30am on Wednesdays and Thursdays, and we look forward to welcoming many more. We are grateful indeed for the generous donations of books received from many Residents – a Sincere 'Thank You' to each kind donor. Because our shelves were becoming rather congested the four librarians decided to have a "spring clean". Assisted by several helpful friends, we went through all the normal-print volumes, carefully removing the ancient books in poor condition and those that had not been read for 7 years. This has provided some welcome breathing-space for fresh donations of more up-to-date novels and authors. We encourage the New Residents, especially from Mountain View, to join us on the Library days. Please come and browse.

Talk on Birds on 7 September Mrs Heather Howell will be hosting a talk on birds on Thursday the 7th of September @15:00 in the Hall. All Residents are welcome to attend. Mrs Heather Howell has been here before and the talks were very well attended and enjoyed by our Residents.

Trip to Strandfontein on 12 September Following the talk on birds above, Mrs Heather Howell has arranged for a outing o Strandfontein where our Residents will be able to view the birds in real life, The outing will take place on 12 September 2017. The bus will leave at 8:30 so that the Residents have enough time to enjoy nature and the birds and still get back in time for lunch.

Green Cards & Visitor Parking

Green cards application forms are available at the Risk Managers office. The green card will allow you to drive straight through at the guardhouse with no need to sign in. You just show your green card to the access controller at the gate. If you do not have an Access Card to allow you into the building by swiping the card at the entrance door card reader, you must unfortunately sign in at the Risk Manager's office. Access Cards are available at the Risk Managers office at R500.00 refundable if you return the card in a good/working condition. By purchasing your access card it saves you to sign in at the Risk Manager's office and allows you entrance to the building. We are in the process of putting up Parking signs that will indicate where you can park. Please do not park in a parking space allocated to a resident, at the circle at reception(this is only a drop-off zone)or on any red line. We appreciate your co-operation.

Action Entertainment in the Hall

On Tuesday 23 May Manuela Watson started with Action Entertainment at Rusoord. Residents flocked to attend and we had about 60 Residents exercising in the hall. Manuela is a very qualified lady and specialises in what she does. Rusoord is very privileged to have her here on a weekly basis. Manuela's Action Entertainment takes place in the hall every Tuesday afternoon @ 15:00. We would like to encourage all of our Residents, Health Care and Flats, Mobile and less mobile to attend these sessions. All of the Doctors who visit Rusoord are advising that exercise is the way forward for the elderly. Don't feel like you can't because with Manuela you can. She caters all of her exercises for all types of mobility. Also summer is fast approaching and we need to get the beach/bikini bodies ready. Please invite your neighbours and friends to join you and come and enjoy an hour of Action Entertainment and stay healthy at the same time.



Goudini Spa Outing/ Uitstappie 25 – 27 September

Op 25 September om 12:00 sal die Inwoners vertrek na Goudini Spa en sal om en by 14:00 daar arriveer om hul batterye vir twee dae te herlaai en net lekker te ontspan. Die akkomodasie is "fancy" akkomodasie by Slanghoek Villias. Daar is 6 beddens per eenheid so jy moet bereid wees om te deel, dit is tog net vir slaap. Daar is drie eenhede beskikbaar m.a.w. 6 Inwoners per eenheid maal met 3 eenhede is 18 Inwoners wat kan gebruik maak van hierdie eenkeer in 'n leeftyd spesiale aanbod. Die **koste per persoon is R600**. Dit sluit in al jou etes, vervoer, akkomodasie en tot 'n braai met slaai albei aande. Dit is spot goedkoop. Inwoners wat graag wil gaan moet die volgende in kennis neem: Daar gaan 6 Inwoners per eenheid slaap, elkeen op sy eie bed natuurlik, so jy moet bereid wees om te deel. Ontbyt sal self help wees en middagete sal heerlike mondwaterende toebroodjies wees. Inwoners moet mobiel wees en self kan bad of stort. Elke Inwoner wat gaan sal 'n vrywaringsvorm moet teken. Bestuur sal die uitstappie oorsien om seker te maak almal gedra hulle net genoeg dat hul nie uitgeskop word by Goudini nie en om te verseker dat almal weer op 27 September om 09:00 op die bus klim om huistoe te kom wat dan weer om 11:00 by Rusoord sal arriveer. Kaartjies kan by Ontvangs bespreek en betaal word. Die volle betaling van R600 moet voor 16 September betaal wees.

On 24 September @ 12:00 the Residents will embark on the trip to Goudini Spa and will arrive there at 14:00 to recharge their batteries for a whole two days. The accommodation is of the sought after variety at Slanghoek Villas. There are 3 units available which sleeps 6 people each. In other words 18 Residents are able to take up this once in a life time opportunity. The **cost per person is R600**. This includes all meals, transport, accommodation and a "braai and slaai" both evenings. It is a bargain. Residents who would like to go need to take the following into consideration: 6 Residents will be sleeping in one unit, it is shared accommodation. Breakfast will be self help and lunch will be delicious sandwiches. Residents need to be mobile and able to bath/shower themselves. Each Resident will need to sign a indemnity form and Management will oversee the outing to ensure that Residents behave themselves just enough so that they don't get booted from Goudini Spa. We will also ensure that all of our Residents get on the bus when they return on 27 September @

09:00 and arrive back home at Rusoord at 11:00. Tickets can be booked and paid at Reception. The full payment of R600 is due by 16 September.

We are on Facebook!

We have been on facebook for some time and have created a new look. Please join our page PlumRus Plumstead and check out our latest news. Stay up to date and find out when our next events are. Browse through our photographs and see if you can spot your loved ones. You are welcome to write on our wall, it will be much appreciated.

Johan – Transport en fotos van transport

Ons neem ons Inwoners twee keer per week na verskillende inkopie sentrums wat baie gewild is onder ons Inwoners. Ons vervoer ook van die Inwoners na dokters, tandartse, klinieke asook na private aangeleenthede. Hier is fotos van die Metodiste dames wat ons weekliks vervoer na hul kerk in Plumstead. Ook op die foto is Mnr J Bosse wat gereeld sy dogter besoek en weer afgehaal word later die dag. Gaan gerus na die Risiko Bestuurskantoor en bespreek u versoek vir Vervoer met die vriendelike persoon aan diens wat u met graagte sal bystaan en help. Teken 'n vrywarings vorm en betaal 'n minimale bedrag en ons neem u waar u ook wil gaan.



Kliniek Dienste/ Clinic Services for Flat Residents

Die volgende ten opsigte van woonstel Kliniek Dienste; Maandae om 09:00-10:00, uitgesluit vakansie dae, sal daar kliniek in die saal wees vir alle woonstel inwoners. Almal se Bloeddruk en gewig moet ten minste 1 maal per jaar gedoen word. Kom geniet gerus 'n heerlike koppie tee/koffie die oggend saam met ons. Dit is nie verniet dat die spreekwoord lui: voorkoming Is beter as genesing nie. The following regarding the Flat Clinic Services; Monday between 09:00-10:00, holidays excluded, we will be having a clinic service in the hall for all flat residents. Everybody's Blood Pressure and weight must be measured at least once a year. Please come and have a nice cup

of tea/coffee with us while we take your vital signs. No wonder the saying goes: "Prevention is better than cured"

Trip to Greenpoint Urban Park

Due to an already fully packed September month the trips to Greenpoint Urban Park will only take place during October. Greenpoint Urban Park are open from sunrise to sunset every day and entry is free. Please watch the notice boards for more information and to ensure you book and get a seat on the bus.

Family Bazaar – 2 December 2017

We are getting ready for our Family Bazaar on the 2nd December 2017.

We once again ask for your support through any of the following:
Second Hand Clothing, Books, White Elephant,
Tombola Articles

Items can be handed in at reception for Marlene's attention.

This year we are going bigger and boulder. You can look forward to the following:

- Excellent food – Boerewors Rolls. Potjiekos, Curry & Rice, Hamburgers and lots more
- Live Entertainment
- Christmas Gift Stalls
- Entertainment for the Children

And lots more.....

If you are interested in having a stall this year please contact Marlene on 021 761 2323 or email marlene@plumrus.co.za

Outings to Grand West

We have been having a monthly trip to Grand West. This normally takes place on the evening of the last Monday of every month. In September we will not have a trip to Grand West as it falls on a Public Holiday but there are a lot of other trips taking place during the month. Rest assured that the next trip to Grand West will follow in October. Remember that Grand West is not only for gambling. You can also see a movie, browse the shops or if you are feeling brave/ adventurous take a spin on the ice rink. Bookings can be made at Reception and all Independent Mobile

Terugvoer van die Afrikaanse Bybelstudie Groep

Jesus ons Herder

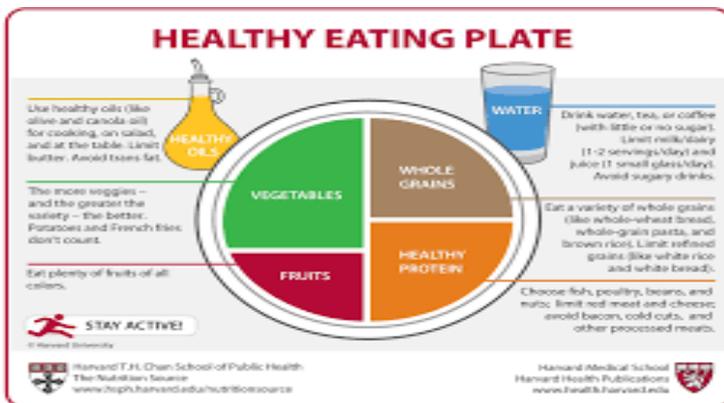
Wanneer Jesus weg is, moet hulle nog in Hom bly en vrug dra.

1. (Joh. 15: 1-3). Jesus: die ware wingerdstok

2. (Joh. 15: 4-8) Die belangrike verhouding tussen die tak en die wingerdstok.

"Bly in My, en Ek in jou. Soos die tak nie van homself kan vrug nie, tensy dit in die wingerdstok bly, kan jy nie, tensy jy in My bly. Ek is die wingerdstok, jy is die tak. Ek en ek in hom dra baie vrugte, want sonder My kan jy niks doen nie. As iemand nie in My bly nie, word hy uitgegiet soos 'n tak en verdor, en hulle versamel hulle en gooi dit in die vuur. Hulle is verbrand. As jy in My bly en My woorde in jou bly, sal jy vra wat jy wil, en dit sal vir jou gedoen word. Hierdeur word My Vader verheerlik, dat jy baie vrug dra, so sal jy My dissipel wees. Bly in My, en Ek in U: Vrugdraers is onmoontlik sonder blydschap; Maar dit is onvermydelik met blywende. Die kwaliteit en hoeveelheid van die vrugte kan verskil, maar die vrug sal onvermydelik wees. Die doel van die tak is om vrugte te dra. Mense maak nie druiwewyne oop om na die blare te kyk nie. Hulle vat die moeite om te kweek, te plant, water te maak en die wingerde te beïnvloed sodat vrugte geniet kan word. In hierdie sin kan ons sê dat vrugte Christelike karakter verteenwoordig (soos die vrug van die Gees in Galasiërs 5). Vriende u is welkom om deel te hê aan ons bybelstudie.

A Healthy Eating Plate



Protea Coffee Shop

We are proud of our coffee shop and are happy to say it is a hub of activities and is really a happy place. Sandra has managed to create a happy, cosy environment for our residents to entertain their family and friends. Our items are reasonably priced and are all homemade. Next time you are at Rusoord pop in for a coffee and slice of tart.

We are having a Burger evening on the 22nd September 2017 in the coffee shop at 18h00. Price of a ticket will be R 50.00 and we are serving a Pulled Beef Burger with Chips. Contact Sandra for further information. Tickets can be purchased at the coffee shop or reception.

Feedback from the Garden Club

We have had a reasonable month in the garden. Things have suffered from the drought, but now with the borehole, hopefully everything will start improving. Sarel and the gardeners have had a huge amount of work getting the new building up and running so have had limited time to spend in the garden but have done everything they could. The pathway in front of PlumRus North is very well worth looking at. We are planning a most interesting outing for September with Heather Howell who has given us a number of fascinating talks on birds. Weather permitting we will go to Strandfontein to look at birds on Tuesday 12 September. On the Thursday before, i.e. 7 September she will give us a talk on what birds we can expect to see. Please look at the notice board and put your name down if you are interested.

Ouma Hatzie se "pride en Joy" - Op die 17 April 2017 is Tyreece Ruiters gebore. Tyreece is Tristan Hartzenberg se seun en Ouma Shantel Hartzenberg se eerste kleinkind.



Mev Knuppel se Familie Vakansie

Eindelik het die dag aangebreek, 01 Julie 2017, die dag wat ek my kinders weer gaan sien. So kom ons by die luggawe aan. Ek trippel rond van opgewondenheid. Toe ek daardie trotse stap sien, weet ek dit is my seun Riaan. Ek hardloop spontaan vorentoe, ewe gallant begelei hy my na die "arrivals" en sê "Mams was amper in die bagasie afdeling". Ek voel of my hart oorloop van trots toe ek my twee pragtige jong manne sien. Albei oor die ses voet lank. Waar is die twee klein seuntjies wat 11 jaar gelede



die land saam met hul ouers verlaat het, fliets deur my gedagtes. My skoondogter is steeds net so pragtig (beeldskoon) met egte blydschap in haar oë om my te sien. Daarvandaan 'n paar ure later geniet ons middagete, dan weer verder gery na die Oog. Dit is 'n landgoed waar ons 12 dae lank gebly het. Daar is 'n gholfbaan, swembaddens, warm en koud, waterbronne en 'n heerlike Jacuzzi. Ek het dit baie geniet. Nou die opgewondenheid na die Wildtuin Leeu Park. Daar was baie te sien, soos leeus, 'n luiperd, olifante en selfs 'n kameelperd. Die leeu is darm 'n trotse dier. Ons het in twee rondawels gebly waar dit 'n sirkel vorm was 'n lekker gesellige atmosfeer. Veral as ons saans 'n vleisie oor die kole gesit het. Dan het ons tog te lekker gesels en die humor van my twee prinse (kleinseuns). Ruan en Walt het ons laat skaterlag. Wat ook uitsonderlik was was die oop voertuig wat drie ure ry en na al die diere kyk. Ons het dit op Vrouedag aangedurf. Nadat ons 'n heerlike tydjie saam geniet het, is daar opgepak en terug na die lughawe, waar ons weer moes totsiens sê. Dit was so dankbaarheid in ons harte, om saam hande te neem, en 'n gebed van my seun te hoor. Ruan en Walt, Oums is trots op julle. Dit is 'n voorreg om saam met jou kinders te kan lag, huil en saam hande te vat en te bid. Amen

Trip To Darling Flower Show

The Darling Flower Show is celebrating their 100th year in 2017. The Flower Show will be running from 14-17 September 2017. They have expanded their pensioners day from only Friday to also include Thursday. They also offer discounts for pensioners at selected stalls on these days. This year they are going big and apart from the stalls and flower displays there is also tractor trips to look at the wild flowers in the fields, entertainment as well as talks about bees, flower arrangements and much more. You will also be able to try some of the locally brewed beer by Darling Brew as well as some of Frit's homemade toffee's which are delicious and then a new entry is the Darling Koekies who make cookies with edible prints on them with beautiful Bible Verses which make great Christmas gifts. The various surrounding wine farms will also have stalls set up and many food stalls will be available. The normal entry cost is R60 per person but as pensioners you will only be paying R40. Darling is about 180km round trip and we will be doing the transport at R35 per person. The Darling Flower Show Trip including entrance and transport will thus cost **R75 per person**. Please book your seat on the bus at Reception quickly as tickets are limited.

What does our money buy and what are you buying into?

A little bit of history on Plumstead Rusoord.

In 1988 PlumRus East & West was built for an amount of R2,647,151. Today the value of these buildings are estimated to be R86,700,000. Adding the current value of Rusoord North and Mountain View, our total building infrastructure is valued at around R147,000,000. For the sake of interest, our infrastructure value is dwarfed by the total building infrastructure value throughout the entire Badisa which is valued at around 2.6 Billion Rand. This R147,000,000 infrastructure excludes the value of expensive plant & equipment items, such as found in the kitchen, Risk Management, Access Control and throughout the buildings. Items such as stoves, ovens, general catering equipment, fire safety equipment, communications infrastructure, heat pumps, cameras, computer equipment, etc. Capital items such as these add many more millions of Rands to our essential infrastructure,

without which crucial service delivery would be impossible. In the corporate environment companies will often seek to have anywhere from 10% - 50% of their Capital Asset Register Value in cash equivalents and reserves, on top of a good ROI (Return on Earnings) for their investors, so that an acceptable dividend could be declared. The amount varies depending on the nature and scope of the company, but in order for them to render their services or products as a planned long term going concern, they would have to provide for the upkeep of their infrastructure. If Rusoord was a corporate, this would translate to anywhere from R14.7 million to R20 million in reserves in my estimation and would necessitate levies more than doubled at what they are right now.

However, that is not what we are. Rusoord is a non-profit organization with an operational and financial plan designed to cater towards subsidising around 40% of its residents who would otherwise not be able to afford to stay here. This is the underlying reason for its existence; to help people where others can't. However, this does not exempt us from the economic laws and pressures that apply to any organization, be it for profit- or non profit entities. We estimate that we might easily spend between R900,000 to R1,200,000 per year on just ongoing maintenance within the next few years. This excludes large capital items or large scale maintenance projects that need to be undertaken; for example waterproofing and repainting our roof on the East & West buildings. This figure would constitute around 0.06% of our building infrastructure value; a reasonable percentage of our total infrastructure value, but a lot in terms of rands and cents. This is just one item on our expenditure budget, but a necessary one in terms of maintaining a high standard of service delivery to our residents. What about catering? This is another major monthly expense we have to budget for. Consider for a moment the escalation in price of some major food items from 2016 to 2017. Sugar up with 32%, margarine with 15%, milk with 18%, eggs with 16%, chicken with 34%; the list goes on. The total cost for of PACSA food basket year-on-year has increased with 16.47%. Currently we spend around R200,000 per month to cater for all our residents. This excludes our new family members in Mountain View. Our largest monthly costs are towards staff. This would

seem obvious as we are an organization that performs hands on person-to-person care. We are labour driven. Typically Badisa programs like Rusoord would spend between 60-65% of its monthly expenditure on salaries. That is just the nature of our business. People need people. Rusoord operates at around 58% of total expenditure on monthly salaries and as such performs better than most other Badisa programs with residential facilities. The three items above constitute our largest monthly expenses, aside from utilities, which are rates and taxes, and are clearly vital in order for us to maintain acceptable levels of service delivery.

There are of course many other items that are needed to secure the environment necessary to make our residents well looked after, safe and secure; from medical equipment and medicine management right through to safety- and security management. This is just a cursory mention as to what our money buys.

Which raises the question; what are you buying into?

Consider that the entire building and equipment infrastructure mentioned above, as well as all the services and functions operated within and around these buildings are there for an integrated multi-role purpose. This purpose is not only to serve our motto of a happy, homely and safe environment or the fact that we need to support members within our community who could not otherwise afford to be here, but part of the multi-role purpose is also to provide our residents peace of mind. Peace of mind that all the functions and responsibilities that they needed to worry about outside of Rusoord, is now taken care of within Rusoord, releasing them from all those concerns to focus only on quality living in a controlled, safe environment. This is an integrated package deal where Rusoord's concern is to release you from those everyday worries that will be taken care of by Rusoord staff ,management and its Board.



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PlumRus Nuus September 2017

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