

PlumRus NEWS NUUS

May Issue • Mei Uitgawe



*Happy
Mother's Day*

Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
	2 nd One Hour for Jesus	4 th Morning Service	4de Aanddiens
7de Oggenddiens	9 th One Hour for Jesus	11 th Morning Service	
14de Oggenddiens	16 th One Hour for Jesus	18 th Morning Service	18de Aanddiens
21ste Oggenddiens	23 rd One Hour for Jesus	25 th Morning Service	
28ste Oggenddiens	30 th One Hour for Jesus		



Toe hulle 'n keer weer bymekaar was, het hulle vir Jesus gevra: “Here, is dit nou die tyd dat U die koninkryk vir Israel weer gaan oprig?” Hy het hulle geantwoord: “Dit is nie vir julle om die tyd en omstandigheid te weet wat die Vader in sy eie mag bepaal het nie. Maar julle sal krag ontvang wanneer die Heilige Gees oor julle kom, en julle sal my getuies wees in Jerusalem sowel as in die hele Judea en in Samaria en tot in die uithoeke van die wêreld.”

Nadat Hy dit gesê het, is Hy opgeneem terwyl hulle dit sien, en 'n wolk het Hom weggeneem, sodat hulle Hom nie langer kon sien nie.

(Handelinge 1 vers 6-9)

Waarmee sal God jou besig vind wanneer hy terugkeer soos hy op Hemelvaartsdag belowe het

ACCEPTED IN THE BELOVED

Every one of us is incomplete in some way or another. By incomplete, I mean we all have 'limitations'. Perhaps you have poor health, little education, or you're unattractive. Maybe you lack a 'sunny' personality...you're easily irritated and often become grumpy, and people seem to avoid you. Or you may feel others just don't understand you, that's why they don't always take you seriously. Perhaps no one encouraged or supported you during tough times, and you now feel life has been unfair. You may even think your time has run out and you're now too old to make a positive contribution to the world around you. Because of limitations like these our lives can get bogged down by sadness and frustration.

Fortunately, some of our limitations can be overcome by acknowledging them and then adopting a more positive attitude about ourselves and others. Taking better care of our emotional and physical lives and making an effort to improve our social skills will also help a great deal. But some of our limitations cannot be changed...our looks,

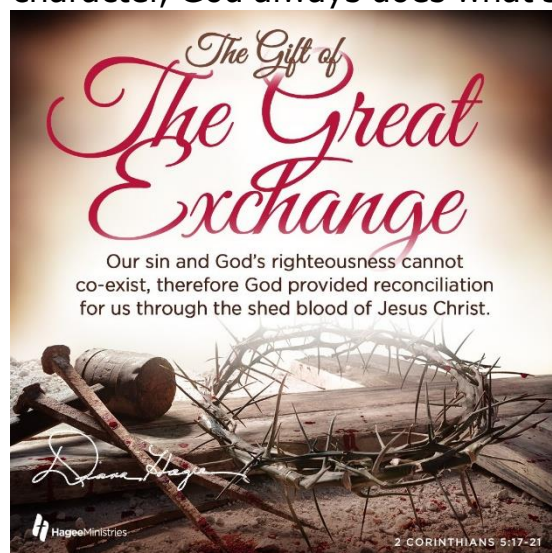


age, and physical disabilities for example. In situations like these, the best option is to accept ourselves as we are. Not in a despairing way, but by bringing these issues before the Lord, and believing He loves us just as we are. We can place our cares, sufferings and sorrows in His hands, trusting in His strength and less in our own ability to cope with our problems. By accepting ourselves in this way, we avoid being caught

in a trap of envy and self-pity. We'll no longer wish for the talents, abilities and good looks of others. But with the Lord's help, we'll begin to make the most of what we have.

Accepting ourselves as we are in terms of our physical, emotional, social and intellectual characteristics, is only one side of our life story - the other is being accepted by the Lord. "Why do I need to be accepted by the Lord?" you may think. Sadly, because of our disobedience and rebellion, like our forebears Adam and Eve, we've been expelled from God's presence. Our sinfulness has formed a barrier between us and God, and there's nothing we can do to remove it. Because of the perfect purity and goodness of God, He cannot tolerate or condone sin. But God who is perfect in holiness is also perfect in love, so He made a way for us to be welcomed back into His presence. In order to uphold His holy character, God always does what's right and sin must be punished. In an astounding display of love, kindness and mercy, God the Father and Jesus His Son overcame the barrier of sin separating us from them. In willing submission, the sinless Son of God allowed the sin of all humanity to be poured into himself. Then laying down His life on a wooden cross planted in the rocky soil of Mount Calvary, he bore the judgement we should have born.

As a result, our debt of sin was cancelled, and we were made right with God - our sin was exchanged for the goodness of Jesus!



In his letter to the church in Ephesus, Paul the apostle tells us this was God's plan all along...that sinful mankind would be made whole and holy by His love. This is what he wrote...

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ.

This is what he wanted to do, and it gave him great pleasure.

*So, we praise God for the glorious grace he has poured out on us, **making us accepted in His beloved Son.** He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.*
Ephesians 1:4-7

Those of us who put our trust in Jesus Christ as Lord and Saviour can know with absolute certainty that we've been lovingly accepted by God. Because of what Jesus has done we have complete and eternal forgiveness. Our acceptance in Jesus means we're brought into a close and loving relationship with God our Father, so close we get adopted into His own family! Life doesn't get better than this.



Changing the limitations we can and accepting those we can't - all with the help of the Lord, will ensure we live full and meaningful lives. When we accept ourselves as we are and use our mix of strengths and weaknesses, we're able to make a unique contribution to the wellbeing of those around us. Being able to accept ourselves as we are, is a precious and enriching way to live. A deep understanding and experience of God the

Father's acceptance of us in Jesus opens us up to life in all its fullness – real and eternal life, more and better than we've ever dreamed of.

Jesus is the way into this fullness of life that He and the Father have prepared for those who believe in Him. Place your trust in Him as your Saviour, then live by faith in Him each day. Allow the Holy Spirit to align your life with His life and teachings as you love and serve those around you.

Grace and peace to you in the Lord Jesus Christ
Ps Dave Henderson

STRIPES

"Earned His Stripes" read the newspaper headline.

That set me thinking. The term itself refers to the stripes or chevrons soldiers earn on promotion. In that sense, how does a Christian "earn his stripes"? Well, certainly not by wearing them! That would be pride, not humility.

A Christian might 'earn his stripes' in disappointment or being scorned because he spoke the truth, or perhaps in sharing the Gospel and being rejected.

A Christian's stripes may not be recognized by the world, but the Lord sees and recognizes them!

(Submitted by: Adin Harmer)

Go Gently

See them bring the sick to Him,
The lame, blind, dumb and maimed
And all the other maladies
That are not even named.

See Him move amongst them,
Talking, touching, praying
And if you listen carefully,
You'll hear what He is saying –

**Peace be still, troubled mind,
Little legs be strong;
Receive your sight, walk up straight;
He goes gently through the throng.**

See the people watch Him,
Eager faces turning;
Sometimes crowding close to Him –
For a touch, a glance they're yearning.

**Ears be opened, talk again,
Feet be sound and straight;
Heart be strong, pain now go –
He sees their patient wait.**

See them surge around Him,
Big hands, small hands clinging;
Some move away who have been healed –
Hear them shouting, laughing, singing.

**Spine unfold, fingers grow,
Agony be gone;
Loving eyes, gentle hands
He heals them, everyone.**

(Submitted by: Jeanette Venner)



Ps. Paddy Venner, Jeanette's son and Lead Pastor at Eternity Church Norwich, blessed us with an impactful message entitled "Rising & Shining", at a recent One Hour for Jesus service. Paddy's message was drawn from Isaiah 60 verses 1-2 (NIV).

We look forward to his next visit.



Gesëende Verjaarsdag aan ons Inwoners

<i>Datum</i>	<i>Naam</i>	<i>Kamer/Woonstel</i>	<i>Ouderdom</i>
4	Emily Eadie	R8	92
5	Joan Beattie	R22	78
6	Joyce Van der Wolk	R32	95
9	Pamela Kent	R46C	94
10	Matthys Van der Linde	F121	86
12	Johanna Champion	F011	74
13	Vivien Spires	F010	75
16	Linda Johnson	R23B	77
19	Mary-Ann de Wet	F125	85
19	Thomas Witter	N209	98
30	Esme Kennel	N009	79
31	Ronald Elliott	R57	93



Gelukkige Verjaarsdag aan ons lede en kliente

07 Patricia Festus
18 Betty George
20 Henry Thomas
23 Christina Van Reenen
25 Eva Daniels
25 Denise Hertzge
25 Elsabe Beukes
25 Sylvia Nelson
27 Janet Tayler
29 Susan James



Jy weet jy is oud as jou knieë die weer beter voorspel as die weerburo

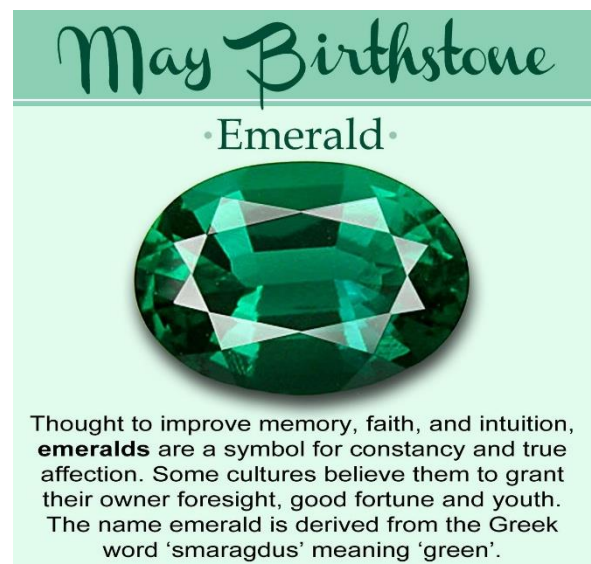
HAPPY BIRTHDAY

from a whole bunch of us



Happy Birthday to our Staff

2 nd	Gauline Chung	HC
2 nd	Candice Davids	HC
3 rd	Ashley Bruyns	PCS
5 th	Sharon Baartman	CCE
5 th	Aaliyah Abrahams	CCE
7 th	Dhafier Williams	Risk
10 th	Hadley Havenga	BMG
17 th	Anastasia Brown	CCE
23 rd	JoAnn Haydricks	HC
24 th	Jermaine Jantjies	HC
28 th	Henrico Smith	BMG
29 th	Ashlynn Smith	HC
29 th	Tiffany Abrahams	HC
30 th	Werner Meyer	BMG
31 st	Anthea La Croes	HC
31 st	Sherelle Hope	HC



*Don't work for recognition
But do work worthy of recognition*

The Tale of the Baobab Tree

In a small village in rural South Africa, there lived a young boy named Themba. Themba loved to explore the African savannah, learning about the plants and animals that lived there.

One day, while wandering through the bush, Themba came across a majestic baobab tree. The tree's trunk was wide and strong, its branches reaching up towards the sky like giant arms. Themba was amazed by the tree's beauty and decided to rest in its shade. As he sat there, he noticed that the tree was home to many creatures: birds nested in its branches, insects lived in its bark, and animals came to drink from the water that collected in its roots. Themba realized that the baobab tree was not just a beautiful sight, but also a source of life and sustenance for many living things.



As he sat there, an old man appeared from behind the tree. "Why are you resting in the shade of this tree, young one?" he asked. Themba explained how he had been exploring and was amazed by the tree's beauty and importance to the other creatures. The old man smiled and said, "This baobab tree teaches us an important lesson. Just like the tree provides for many, we too must learn to give and share with others. When we do, we become strong and beautiful, just like the baobab tree."

Themba thought about the old man's words and realized that he had been selfish and only thought of his own needs. From that day on, he made a conscious effort to help others and share what he had. As he grew older, Themba became known throughout the village as a kind and generous person, just like the baobab tree.

The moral of the story is that when we give and share with others, we become strong and beautiful, just like the baobab tree. By being selfless and helping those in need, we can make a positive impact on the world around us.

(Submitted by: Yacoub)

Local people call baobabs the "Tree of Life" because they have so many uses for it: eating its iron-rich leaves, drinking a coffee substitute from its seeds, and making beer and juice from the pulp from its large fruits, which have six times more vitamin C than oranges!





#EarlyBirdie

A black poster for the PlumRus Charity Golf Day 2025. It features a golf club head with the PlumRus logo on the face, three white golf balls, and a golf club shaft. The text is white and yellow.

 **2025**
PlumRus
Charity Golf Day

SAVE THE DATE

Friday 26 September 2025

Rondebosch Golf Club

4Ball reservation and payment
before 30 June 2025 – R3500

4Ball reservation from July
onwards R3900

Golf carts available on a first
come first serve basis

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

Our PlumRus Charity Golf Day has become a sort after event on the golfing calendar in Cape Town. Make sure not to miss out on the opportunity of making a life-giving difference in the lives of our Residents, while having fun, enjoying great comradie, networking and winning awesome prizes.

If golf is not your “thing”, please assist in making this the greatest Golf Day yet, by donating prizes, or goodie bag fillers for our players, every little bit helps in making the day a memorable one for all. Chat with Belinda to find out how you can become involved.



BLOOD PRESSURE CLINIC



**Please note that our BP clinic will start
Thursday 27th March and will be held
on the last Thursday of every Month
in the John Killian lounge
@ 9am – 11am**

Please feel free to utilize this important service being provided to all our Residents, clients and members of PlumRus. The clinic is being facilitated by Sr. Yolanda Morris, our Clinical Head Nurse. Managing your blood pressure is a proactive step in managing your general health. Our next clinic will be on Thursday the 29th May at 09:00 in the John Killian lounge.



Life moves at a fast and challenging pace, often leaving us behind. It is recommended that we take a moment every now and then just to play catch-up. Now is as good a time as ever to check whether you need to update your personal details and that of your next-of-kin. Has any of the children's email addresses, or cellphone numbers changed? Have you changed your doctor, diet, medication or medical aid?

Remember that in the case of an emergency we revert to the information on file.

Please speak with Nikita Ext.1025 to ensure that all your personal details on file are correct.



Mother's Day Lunch

Starter

Creamy Chicken & Corn Soup

Main Course

Slow Roasted Rosemary Leg of Lamb

Oven Roast Potatoes

Pumpkin Fritters with Caramel Sauce

Cheesy Garlic Green Beans

Gravy

Dessert

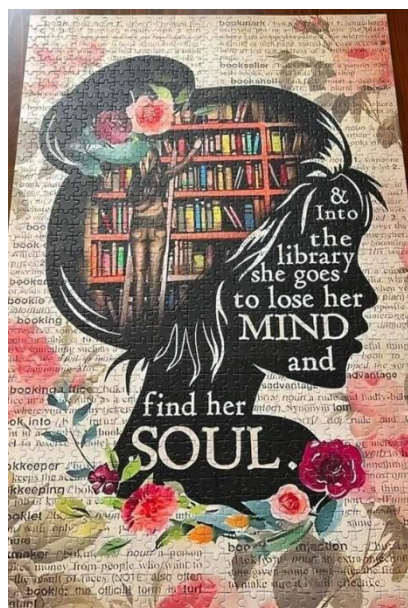
Chocolate Trifle

Price

R125

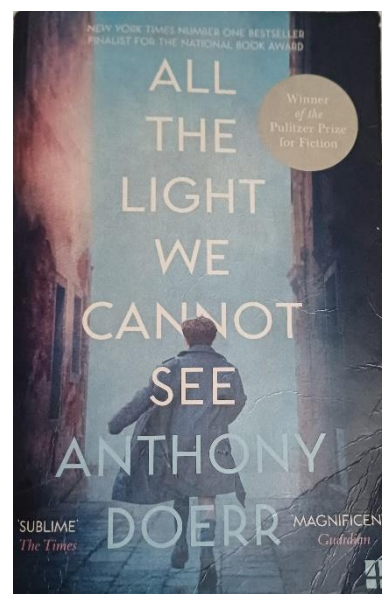
To make your special Mother's Day lunch reservation please follow the following instructions:

- Email craig@plumrus.co.za to check if there are still seats available
- After confirming the availability of seats kindly process payment as per details provided by Craig
- Send proof of payment (POP) to Craig
- Craig will, on receipt of payment, confirm your reservation



The Aristata Library operates on Mondays, Wednesdays and Fridays from 8.30a.m and contains many treasures. The "library ladies" get to know you and will recommend books you might like.

One such gem I have related to intensely this month is "ALL THE LIGHT WE CANNOT SEE" by Anthony Doerr. You might have seen the movie on Netflix. If not, get to it and follow up by reading the book, described by the Daily Mail as "A bittersweet and moving novel."



It is the poignant story of two young people caught on opposite sides during the Second World War. Werner, a snowy-haired, blue-eyed orphan, is chosen to attend a special training centre for the Gestapo because of his brilliant technical skills. Marie-Laure, blind, yet highly perceptive, grows up in Paris during the war and becomes unwittingly involved in the French resistance movement. The two are drawn ever closer together by illicit radio broadcasts into an epic love story.

The film is fast-moving and dramatic, the book richly metaphoric and should be savoured. Do yourself a favour and experience both and realise again the heartache and futility of war in a world gone mad. **(Submitted by: Verena Salzwedel)**

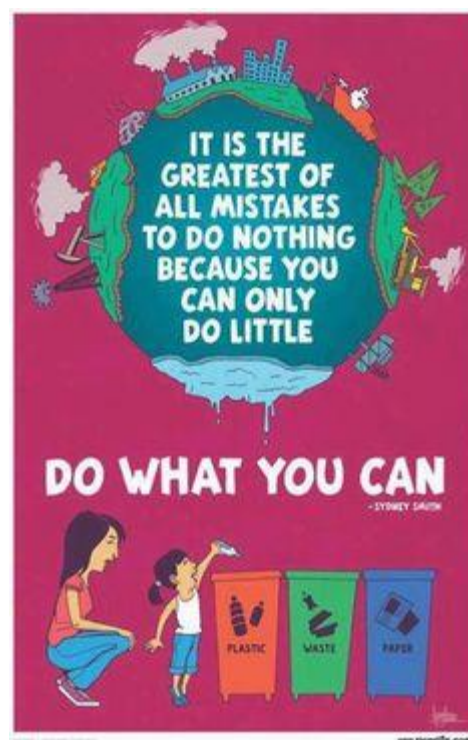
RESPONSIBLE RECYCLING

Just a reminder about how you can help to save the planet!

Please place only GLASS in the green bin and PAPER in the yellow bin and RUBBISH in the black bin in the enclosure towards the East side of Plumrus North (nearest to Citadel)

All other CLEAN recyclables such as plastic bottles, cans, polystyrene should be collected in a CLEAR plastic bag and placed on the floor of the refuse enclosure towards the WEST side of Plumrus North, opposite Reception.

All other refuse that cannot be recycled (e.g. fruit and veg waste, used tissues) should be put in a plastic bag and placed in any of the RUBBISH BINS most convenient to you, NOT THE RECYCLE BINS.





Mrs Gloria Daniels East Flat103

Gloria joined us from her home in Wynberg on 3rd April 2025, where she had lived for 50 years. She has two sons Naelin & Grant.

She was born and raised in Newlands and Wynberg and has been an active member of Emmanuel Anglican Church.

Gloria is a sociable person, she loves going for walks, chatting with her peers and reading.

Mrs. Patricia Ford Health Care Zone 1 Room7B

Paddy Ford joined PlumRus on the 14th April 2025 from her home in Bergridge Park, where she lived for +/- 28 years.

Paddy has three sons, Dennis (Meadowridge), Ken (Table View) and Rob (U.K).

Paddy is a sociable person who used to play tennis, hockey & badminton.



We live out our call most fully

*When we are a community of faith with our arms wrapped around
a community of pain!*

MAY / MEI 2025

MONTHLY PROGRAM / MAAND PROGRAM

Monday	Tuesday	Wednesday
1st May Workers Day Gym trim in the hall Tuesdays @ 09:30 Afrikaans kerk diens Wednesday's in the hall @ 09:30 Wednesday prayer meeting in HC lounges @ 11:45 8th May Morning Market in the hall @ 09:30 12th May Garden club in the hall @ 15:45 14th May Residents Talk in the hall @ 15:00 29th May Lotto draw in the hall @ 18:00 30th May Bring & Braai in the hall @ 18:00		
5	6	7
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry
12	13	14
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents Talk in the hall
19	20	21
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
26	27	28
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges

Thursday	Friday	Saturday	Sunday
1	2	3	4
10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges Public Holiday	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
8	9	10	11
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
15	16	17	18
09:00 Shopping Constantia Emporium 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saaymon 18:00 Woord & Lied
22	23	24	25
09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
29	30	31	
09:00 Shopping Blue Route 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	

I'M STILL YOUR MOM

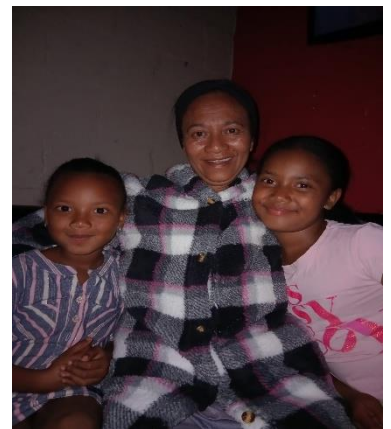
When you no longer listen or care what I say.
I'm still your Mom.
When you decide I'm old-fashioned and want to go your own way.
I'm still your Mom.
When you talk back, complain and argue.
I'm still your Mom.
When you move away and take a piece of my heart with you.
I'm still your Mom.
And I will love you still as much as the first day I held you in my arms.
I'm still your Mom.
And I will pray for you and make sure your wings are strong enough to soar.
I'm still your Mom.
And I'll want what's best and will sacrifice my plans for yours.
I'm still your Mom.
I'll always have room for you and a hug to welcome you.
I'm still your Mom.
And until my last breath, I'll keep carrying your love with me.
And I will thank God every day for the privilege and Joy it's been to be called ---
your mom.

Happy Mother's Day to the most amazing, strongest and loving Grandmother. Wishing you a day filled with love and joy. We appreciate all your sacrifices. We hope you have a calm and relaxing day. Thank you for your endless patience, love and understanding.

From all your grandchildren

Written by: Naeelah Lee & Zainab Lee for their grandmother

Cathy Rector



Happy Mother's Day Mom

Your selflessness and dedication to our family has always amazed us, you have taught us the true meaning of love and sacrifice. On this special day, we want to thank you for being the best mom. You are so many things to so many people and today, you're celebrated for the beautiful person you are.

With Love – Miche, Leeshay & Jordan



Sunrise: 08/03/1951



Sunset: 07/04/2025

Ivan Slabber



We say goodbye to a truly remarkable gentleman, Mr. Ivan Slabber. A man of order and quiet dignity, he carried himself with a calm presence that never went unnoticed. Always neat, tidy, and precise, he took pride in his appearance and in the way he approached life.

Every morning, without fail, Mr. Slabber would be waiting patiently, following us through the facility with gentle persistence, ready to start the day. His favourite request was to go to the shops—not so much for the shopping itself, but for the outing, the change of scenery, the simple joy of being out and about.

There was something endearing in his routine, in the comfort he found in small adventures and familiar faces. His presence was steady and dependable, and his absence will be deeply felt by all who had the privilege of knowing him.

We honour the life he lived and the quiet impact he made on our hearts and in our home.

Rest gently, Mr. Slabber. You will be missed.



Sunrise: 31/01/1947



Sunset: 11/04/2025

Rosalita Aupiais

Mrs. Aupiais was a very amazing and special lady, she was very loving and had the most beautiful smile. Initially she kept us on our toes. She used to call for her husband, jump up and run down the passage. She had the most beautiful personality. It is very quiet without her here. We miss her and always will.

Rest in peace, Mrs. Aupiais

Love from us, Zone 2 Carers.





Sunrise: 03/12/1953



Sunset: 10/04/2025

Glenda Wildschut



Ms. Wildschut lived a full life. She was an intelligent, well-educated lady who could hold many an audience captivated with her engaging and often challenging conversations on subjects close to her heart. As a Human Rights Activist, she spoke passionately about the challenges faced by many of us during the apartheid years in South Africa. She was appointed by Nelson Mandela as a Commissioner to the Truth & Reconciliation

Commission. Her passion was evident on matters impacting the medical profession especially when it came to service delivery to the broader, often marginalised communities. This was evident in the many medical papers she published contributing positively to the profession, both locally and internationally. During her stay at PlumRus she thought it important for our carers to have a deeper understanding of some of the Residents comorbidities. She offered her time, expertise and facilitating skills to upskill our carers, improving their service delivery to those placed in our care.

Her other passion was music. She often, as a founding member of the Symphony Choir of Cape Town, had the opportunity to put her voice training to practise with many a solo contribution. She was able to indulge her musical senses across all genres of music, including a performance at the famous Carnegie Hall in New York.

She will be fondly remembered by all for her kindness and compassion. Our sincerest condolences to her son, Luke, whom she loved dearly. May her dear soul rest in peace and rise in glory.



Sunrise: 23/06/1939



Sunset: 05/04/2025

Mary Lermer

Mrs. Lermer was a quiet and observant person. She enjoyed listening to the beautiful singing of crooner, Engelbert Humperdinck, every day. Her quiet and gentle disposition was underlined by her patience which drew many people towards her.

She is sadly missed and will be fondly remembered by the staff in Zone 2. MHDSRIP



KRUISE LANGS MEKAAR

Elke huis het sy kruis,
'n las wat net die draer ken.
Ek dra myne, jy dra joune –
nie omdat ons wil nie,
maar omdat dit ons s'n is.

Jy sou myne optel as jy kon,
ek sou joune dra as ek mag.
Maar 'n kruis pas net op een skouer,
en tog, loop ons langs mekaar,
tree vir tree,
jou sug is my gebed,
my las is jou fluistering in die nag.

Dis ligter so –
nie omdat die kruis krimp nie,
maar omdat ons weet,
ons is nie alleen nie.

Jy bid vir my, ek bid vir jou,
want dus altyd makliker
om die hemel te storm
vir iemand anders se seer
as vir jou eie stukkend.

Maar miskien,
net miskien,
is dit presies waaroor vriendskap gaan –
nie om die kruis weg te vat nie,
maar om dit te sien,
te erken,
en saam te loop,
langs mekaar,
deur die stof,
tot by lig.

(Ingedien deur Marie Knuppel)



KLOP FOOT

Een van die huise by wie ek koerante aflewer, het sy posbus gesluit. So, ek het na die huis se voordeur gegaan en geklop. Mnr. David, 'n bejaarde man met onstabiele treë, het stadig die deur oopgemaak. Ek het gevra: "Meneer, hoekom is jou posbus gesluit?" Hy het geantwoord: "Ek het dit doelbewus geblokkeer." Hy glimlag en gaan voort: "Ek wil hê jy moet elke dag die koerant by my aflewer. Klop asseblief aan die deur of lui die klokkie en gee dit persoonlik vir my."

Ek was verbaas en het geantwoord: "Sekerlik, maar dit lyk na 'n hele klomp ongerief vir jou en 'n mors van tyd." Hy sê met 'n bietjie stoute glimlag op die voue van sy gerimpelde lippe: "Dit is reg. Ek sal jou elke maand ekstra betaal as 'Klopfooi'. Met 'n pleitende uitdrukking het hy bygevoeg: "As daar ooit 'n dag kom wanneer jy aan die deur klop en geen reaksie kry nie, bel asseblief die polisie." Ek was geskok en het gevra: "Hoekom, meneer?" Hy het geantwoord: "My vrou is oorlede, my seun is oorsee, en ek woon hier alleen, wie weet wanneer my tyd sal kom."



Op daardie oomblik het ek die ou man se mistige, klam oë gesien. Hy het verder gesê: "Ek het nooit die koerant gelees nie. Ek teken dit in om die geluid van klop of deureklokkie te hoor. Om 'n bekende gesig te sien en 'n paar aangenaamhede uit te ruil." Hy het sy hande gevou en gesê: "Jong man, doen my asseblief 'n guns. Hier is my seun se telefoonnommer oorsee. Hy bel of kyk selde na my. So, asseblief, as jy eendag aan die deur klop en ek antwoord nie, bel asseblief my seun om hom in kennis te stel dat ek teruggegaan het na my Maker." Sy gesig lyk forlon, terwyl hy stadig die deur toemaak.

Nadat ek dit gelees het, het ek besef daar is soveel eensame, eensame, bejaarde mense in ons vriendekring. Soms het jy dalk gewonder hoekom hulle op hul oudag steeds boodskappe op WhatsApp stuur, net soos in die dae toe hulle nog gewerk het. Eintlik is die betekenis van hierdie oggend - en aandgroete soortgelyk aan die betekenis van die klop of lui van die deureklokkie; dit is 'n manier om mekaar veiligheid toe te wens en sorg oor te dra. Deesdae is WhatsApp of Telegram baie gerieflik, en ons hoef nie meer op koerante in te teken nie. As jy tyd het, leer jou bejaarde familieledes hoe om WhatsApp te gebruik. Eendag, as jy nie hul oggendgroete of gedeelde artikels ontvang nie, is hulle dalk siek of iets het dalk met hulle gebeur. Sorg asseblief vir jou vriende en familie.

Nadat ek dit gelees het, het my hart opgeswel met tranes van vreugde. Ek het die betekenis van ons WhatsApp-bodskappe of telefoonoprope aan mekaar diep verstaan.

(Ingedien deur Jan Lourens)



“
Memories made
and moments
captured.



Sannie Meyer sal haar 90ste verjaardagvieringe nog baie lank onthou. Sy het nie net een, maar somer 'n paar geleenthede gehad om hierdie mylpaal verjaarsdag met verskillende groepe

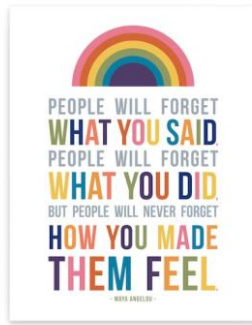
gaste te geniet. Die belangrikste was natuurlik die tyd wat sy saam met haar familie op 'n wynplaas in Stellenbos deurgebring het.



Our very own Spiderman, Nolan, captures the attention of many a visitor to our beautiful city when he spends every available opportunity also exploring the beauty of our city visiting places such as Simonstown, Cape Point doing what he loves most, cycling.

With a group of like-minded cycling enthusiasts, he navigates his shining steel frame around the trickiest bends and every nook and cranny of the deep south all while challenging his own physical abilities.

Who is ready to sign-up as cheerleaders for next year's Cape Town Cycle Tour...you have to wear a spiderman tutu as we support Nolan?



Meet Luke Costa, a neighbour of ours, who lives with his mom and dad across the way in Constantia Place. He is in year 6 at the International School of Cape Town and also a scout belonging to 1st Meadowridge Group. Working towards his Community Service scout badge he is accumulating service hours here at PlumRus. A WP gymnast in his age group he has entertained our residents with some intriguing flips and jumps. He has also been visiting our Residents in Sugarbush and Stokoei and doing a few group reading sessions with them. When Luke is not busy training at Brawn's Gymnastics in Tokai, he enjoys playing video games and eating pizza, pasta and sushi.



Thank you, Luke, for realizing at such a young age that you are able to make a life-giving difference in people's lives, with your small acts of kindness.



Thank you to Nicola Schwormstedt (Nicky), daughter of Jan Karpierz, for the generous donation of a set of garden furniture. We are sure that our residents will enjoy the convenience of the table and chairs while spending the summer days in the gardens of the West Courtyard.



Our appreciation goes out to Metaxia Carvounes (Peter Anetos' sister) who donated incontinent products which was shared with the Residents of The Village Old Age Home in Lavender Hill.



Many thanks to Angela Preyser and the members of the Holy Redeemer Mother Theresa Outreach Group, for the extremely generous donation of marshmallow easter eggs. It felt as if we were able to feed the multitudes with this generous gesture. We could share the sugar overdose with our Residents, our Staff, our Members at our Community Centre as well as the Residents from The Village Old Age Home. We also wish to thank the schools who support the outreach group's Easter Egg Drive.





What better way to spend an Autumn morning than out in the fresh air exercising the limbs. Amazing how all the 4X4's fitted into the parking bays. Thank you, carers.

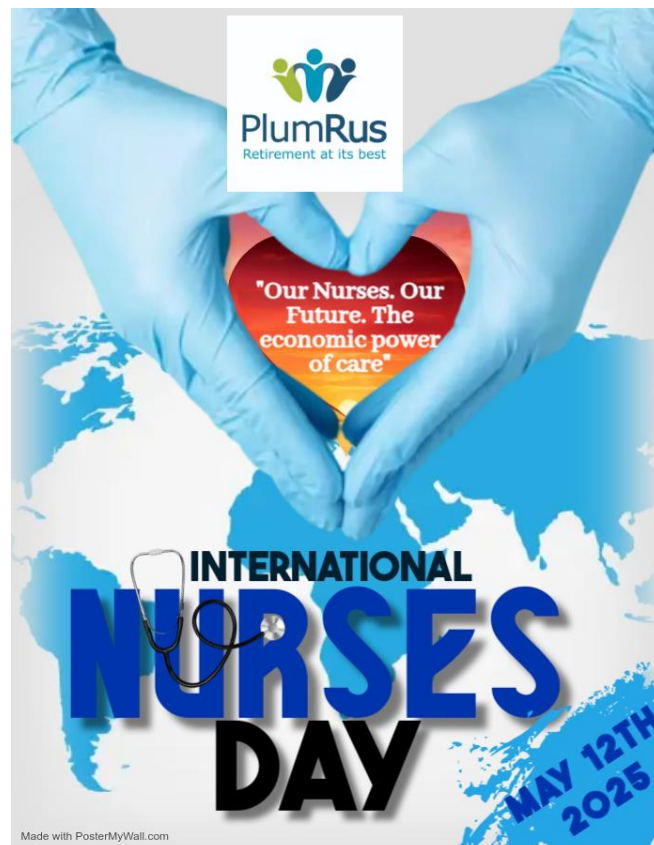


Our Residents enjoyed their arts and craft session in April. Often its not about the end product but the friendships made during the sessions. Thanks to Cheryl and Elizabeth for facilitating this session.



Natasha Vlotman, Zone Co-ordinator in Zone 5, is excited to share the birth of her granddaughter, Amelia Grace, with her PlumRus Family.

Amelia was born on the 24th April and Granny Vlottie hasn't stopped smiling since then.



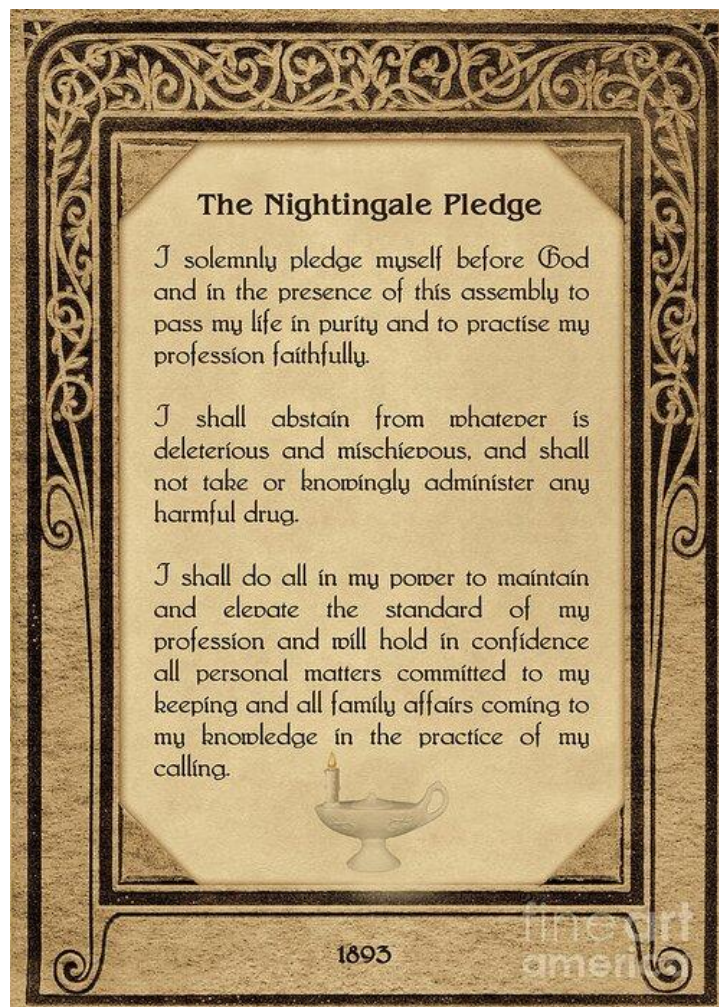
International Nurses Day is celebrated annually on the birth date of Florence Nightingale, 12th May.

Nightingale became an important figure in nursing in the 1850s during the Crimean War. At that time she was stationed at the Barrack Hospital at Scutari (Üsküdar; now a district of Istanbul), where she headed a group of nurses that cared for injured British soldiers. When she first arrived at the hospital, she was struck by the desperate condition of the facilities, and as a result she imposed strict standards of care and ensured that the wards were kept clean and well stocked with food and medical supplies. Nightingale's experiences at Scutari led her to campaign for reform in health care and nursing, and in 1860 she opened the Nightingale School Nurses play a crucial role in health promotion, disease prevention, treatment and care.

Nurses are often the first and sometimes the only health professionals that people see and the quality of their initial assessment, care and treatment is vital. They often have a far more holistic approach to making an initial diagnosis. They are also part of their local community – sharing its culture, vulnerabilities – and can shape and deliver effective interventions to meet the needs of patients, families and communities. Nurses are often the only health professionals accessible to many people in their lifetime. So, nurses are particularly well placed and often the most innovative in reaching underserved and disadvantaged populations.

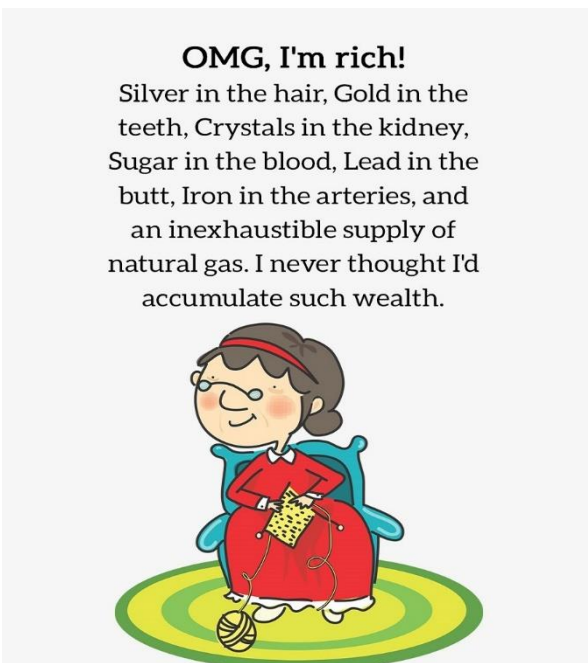
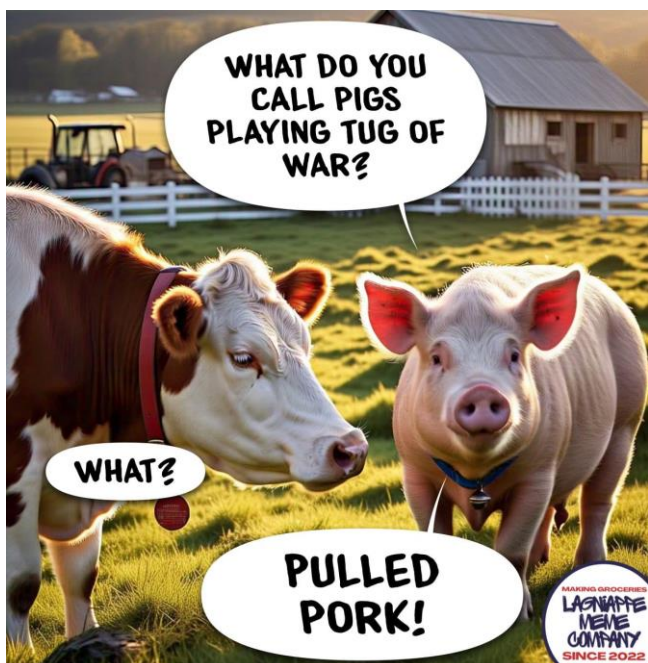
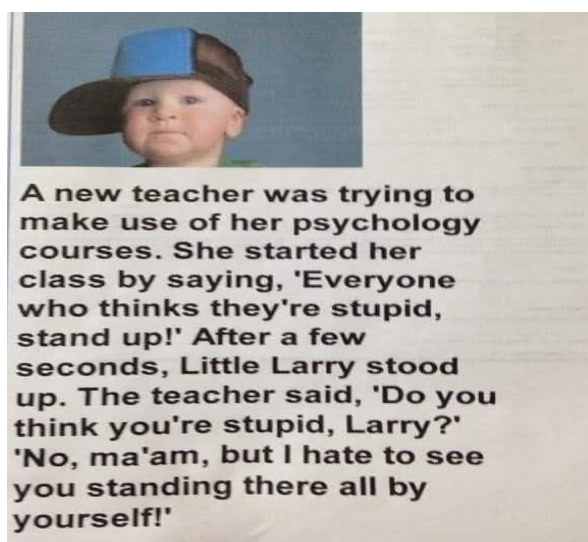
Nurses are educated to understand the complex nature of maintaining health and wellness, and the impact of psychosocial and socio-economic factors such as poverty, unemployment and ethnicity.

"For our 2025 IND theme, explains Dr Pamela Cipriano, ICN President, (Our Nurses, Our Future – The Economic Power of Care), we are highlighting the importance of supporting the health and wellbeing of nurses, who are vital to the functioning of health systems globally. Nurses face numerous challenges: physical, mental, emotional and ethical, and it is imperative that we address these challenges in a way that promotes their overall health. This theme provides an opportunity to bring actionable solutions to the forefront—solutions that can be implemented immediately to support nurses in their daily work and improve their long-term health. It reinforces the appeal from our Charter for Change calling for all organizations and governments to value, protect, respect and invest in our nurses for a sustainable future for nursing and health care."



The Board and Management would like to take this opportunity to thank every staff member at PlumRus for the dedication with which they care for our Residents and Clients. To our registered nursing team, we acknowledge and value your Health Care expertise and thank you for sharing your skills, to the overall benefit of our Residents. We also acknowledge our Residents, who are now retired from years of serving in the Nursing Profession, your tireless dedication and commitment over the years is acknowledged and appreciated.

"A pastor announced, "If you know your wife is controlling you, move to the left". All the men in the church moved to left except one man . The pastor was happy there was at least one strong man, and asked,"How come ur wife can't control you?"The man quietly replied, "it's my wife who told me not to move". 😏😏😏.



EARTH DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.gets.com

Activist
Air
Cleanup
Conserve
Earth
Environment
Fuel

Habitat
Litter
Nature
Ocean
Paper
Planet
Pollute

Recycle
Renew
Resource
Solar
Trash
Trees
Water

