

PlumRus NEWS NUUS

August Issue • Augustus Uitgawe

Woman's Month



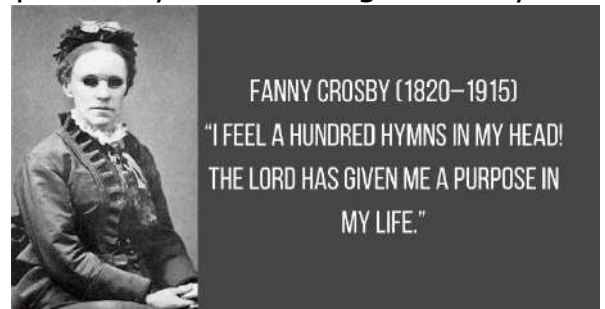
Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

| Wednesdays at 09:30 | Fridays at 09:30 | Sunday Morning at 09:30 | Sunday Eve at 17:45 |
|------------------------|-------------------------------------|----------------------------------|------------------------|
| | 1 st One Hour for Jesus | 3 rd Morning Service | 3de Aanddiens |
| 6de Oggenddiens | 8 th One Hour for Jesus | 10 th Morning Service | |
| 13de Oggenddiens | 15 th One Hour for Jesus | 17 th Morning Service | 17de Aanddiens |
| 20ste Oggenddiens | 22 nd One Hour for Jesus | 24 th Morning Service | |
| 27ste Oggenddiens | 29 th One Hour for Jesus | 31 st Morning Service | 31ste Aanddiens |

A SOFT PILLOW FOR A TIRED HEART

Fanny Crosby was and remains the world's most prolific hymn and songwriter. Hymns like 'Blessed Assurance' and 'To God be the Glory' have been sung countless times in churches and homes, in hospitals and cemeteries - honouring the Lord and comforting His people. When just six weeks old Fanny lost her sight because of a doctor's mistake while treating her. Years later she said, *"I have heard that this physician never ceased expressing his regret at the occurrence, and that it was one of the sorrows of his life. But if I could meet him now, I would say, 'Thank you, thank you'—over and over again. Although it may have been a blunder on the physician's part, it was no mistake of God's. It seemed intended by **the blessed providence of God** that I should be blind all my life. If perfect earthly sight was offered to me tomorrow, I would not accept it. I might not have sung hymns to the praise of God if I had been distracted by the beautiful and interesting things about me."*



Her response to what happened is truly remarkable. Instead of being angry and bitter, she realised God was at work in the challenging circumstances of her life. She believed in His absolute goodness and faithfulness, and knew He was on her side working every detail of her life into something good. She described this as the providence of God. She'd come to understand and accept that God often hides his blessings in difficult circumstances.

There are many wonderful stories of God's providence in the Bible...

As a young man, Joseph was sold into slavery by his brothers. In spite of great hardship, he eventually rose to become second-in-command to Pharaoh, king of Egypt. There, God used him to preserve his own family and save many lives. In the hard-to-understand circumstances of Joseph's life, God was at work bringing great blessing to many people.

Then there's Naomi and Ruth. Because of severe famine in Judah, Naomi and her family fled to Moab. Life was hard and Naomi's husband died not long after their arrival. Later, one of Naomi's sons married Ruth a young Moabite woman. Soon she too was widowed. Overwhelmed by their loss and poverty, the two women returned to Judah where Ruth met and married Boaz. Through this union, Ruth became an ancestor of king David and eventually of Jesus Christ. Despite the hardship and suffering Naomi and Ruth experienced, God was at work bringing great blessing out of the difficult circumstances of their lives.

The same sort of thing happened in Paul the Apostle's life. God was at work in his dramatic Damascus Road conversion, and in his protection during times of persecution, torture, shipwrecks, and imprisonments. Through many unexpected turns and seemingly random events, the good news of Jesus Christ was widely preached, and many churches were planted. Again, God was at work bringing great blessing out of the difficulties of Paul's life.

What about the story of your life?

We all long for lives that are comfortable and easy - for roads that are smooth, for seas that are calm, and skies that are untroubled by turbulence. But our lived experience is so very different. The roads are often bumpy and narrow, the seas are stormy, and skies are bumpy. And we wonder why - why doesn't God do something about what's going on in my life? Does He even know what's going on? If He really is all powerful, surely, He could make things a little easier for me.



Years ago, American evangelist RA Torrey preached a sermon based on Romans 8:28...

We know that God is able to orchestrate everything to work toward something good and beautiful when we love Him and accept His invitation to live according to His plan.

"Even when things go wrong," Torrey preached, "we can still find rest in the wonderful truth that God has a plan for our lives. He's promised to make every pain, hardship and loss work together for our good. Nothing takes Him by surprise, and nothing undermines His power to bring about His purposes in the lives of those who love Him!" Torrey's Spirit-filled words confirm that every detail of our lives actually unfolds within the providence of God. Because of who He is - our loving, caring, compassionate and merciful Father, God works in every circumstance, good or bad, for our good and for His glory.

Torrey ended his message with these unforgettable words...

"Romans 8:28 is a soft pillow for a tired heart."

These simple but powerful the providence of God. No may feel about the face, we can find comfort knowledge that God is in towards something good and doesn't mean that all caused it, but rather that He most difficult situations. with all her heart. Assured of



was at work in her unfortunate circumstances, transforming them into something good and beautiful. And my, what good and beauty flowed from her life! Deprived of physical sight she nevertheless, with clear and focussed spiritual eyes gazed on the beauty of God. What she 'saw' she expressed in the hymns she wrote, helping millions

words capture the essence of matter how discouraged we challenges and struggles we and strength in the control and is at work beautiful in our lives. This suffering is good, or that God brings good out of even the Fanny Crosby believed this God goodness, she knew He

catch a brighter glimpse of God's glory. She'd found the 'soft pillow' Torrey spoke of, and there assured of God's providence, her heart was at joy-filled rest.

May the Lord help you to understand and believe that every detail of your life, good and bad, is unfolding within His loving providence. That's where you'll find a 'soft pillow for your tired heart.'

In the love and grace of God

Ps Dave Henderson

The Two Seeds

A farmer gave two seeds to his two sons. The first son planted his seed in a pot and kept it indoors, giving it plenty of water and care. The second son threw his seed out the window, thinking it would grow on its own without much effort.

Days passed, and the first son's seed began to sprout, while the second son's seed seemed to have disappeared. The second son complained to his father, "My seed didn't grow!" The father replied, "Your seed might have sprouted if you had given it care and attention."



The first son's seed grew into a strong plant, while the second son's seed was lost.

****Moral: * The story teaches us that success and growth require effort, care, and attention. Without putting in the work, our potential may go unrealized.***

Submitted by Yacoub



**I alone cannot change the
world, but I can cast a stone
across the waters to create
many ripples.**

~ Mother Teresa

Learn to be content

What do people talk about a lot these days? Taxis. But we don't just discuss it. We moan and complain about them. We say things like: "A stupid taxi cut me off this morning."

When we as God's children talk like this, in what way are we different from those who are not God's children? Hardly at all. Yet we are called to be salt and light. We are called to be different. Jesus said (speaking about the pagans) "Do not be like them" Matthew 6:8. And I believe one very practical way in which we can show that difference is in the way we approach the challenges and difficulties of life, of which taxis are just one example.

So, what are we actually doing when we moan about taxis? We are grumbling. And Paul commands us in Philippians 2:11 "Do everything without grumbling". The Israelites in the desert grumbled a lot about food and God was not pleased with them.

The Greek word for grumbling is "gonguzmos". It is a very good reflection of what grumbling sounds like: Mutter, mutter, grumble, grumble, gonguzmos, gonguzmos.

And nowadays we are all doing a lot of gonguzmos, should we be? Both "do not be like them" and "do everything without grumbling" would tell us that we should not be grumbling like this.

I love the writings of Elisabeth Elliot – a very wise woman. She has said "We don't have to react like the world does to troubles". No, we don't. So then how can we be different? Well, first we can stop grumbling and agreeing with everyone else when they start moaning and groaning about things such as taxis. But that is only what we should not do. What should we be doing instead? I think my answer might surprise you.

The Bible has a lot to say about contentment.

1Timothy 6:6-8 "Now there is great gain in godliness with contentment for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content."

Philippians 4:11-13 is probably the most helpful (and challenging!) passage in the Bible on contentment. "Not that I am speaking of being in need, for **I have learned** in whatever situation I am **to be content**. I know how to be brought low, and I know how to abound. In any and every circumstance, **I have learned the secret** of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."

Did you notice that twice Paul says, "I have learned"? God's Word is teaching us here that it is possible to learn to be content with whatever our present circumstances might be – whether we have plenty or not.

How is this possible? Well, the Greek word for contentment is autarkeis. It could be translated literally (as the Kalenjin Bible does) by saying "It is enough for me like that". It's fine. I have enough. I have sufficient for my needs.

After all, 1 Timothy 6:8 says, "if we have food and clothing, with these we will be content." Do we have our basic needs? Yes. So, then we need to learn to say "It's OK". I have enough. I can adapt.

I can accept what God has allowed to happen in my life, even if it is very unpleasant and difficult. I can learn to work around it. I can learn to be content no matter what my circumstances because God Himself has sent those circumstances to me. Paul said he had learnt this. So can we.

So let us stop grumbling and be content and satisfied with what we do have. Let us follow the example of Paul and **learn to be content.**

(Submitted by: Michelle Naude)



Pastoor Jeremiah Steeppek het homself in 'n hawelose persoon verander en na die 2 000 lidmate kerk gegaan wat hy daardie oggend as hoofpastoor voorgestel sou word.

Hy het vir 30-minute om sy kerk geloop terwyl dit vol mense was vir diens, net 3 mense uit die 2 000 mense het vir hom hallo gesê. Hy het mense vir kleingeld gevra om kos te koop – NIEMAND in die kerk het vir hom kleingeld

gegee nie. Hy het in die kerk ingegaan om voor in die kerk te gaan sit en is deur die amptenare gevra of hy asseblief agter sal sit. Hy het mense gegroet om teruggegroet te word met staar en vuil kyke, met mense wat op hom neerkyk en hom oordeel. Terwyl hy agter in die kerk gesit het, het hy na die kerkaankondigings en so geluister. Toe alles klaar was, het die ouderlinge opgegaan en was opgewonde om die nuwe leraar van die kerk aan die gemeente voor te stel.

"Ons stel graag Pastoor Jeremiah Steeppek aan u voor." Die gemeente het hande geklap van blydschap en afwagting. Die hawelose man wat agter gesit het, het opgestaan en in die paadjie begin stap.

Die handeklap hou op met ALLE oë op hom. Hy het teen die altaar opgestap en die mikrofoon van die oudstes (wat hierby betrokke was) geneem en vir 'n oomblik stilgehou, en dan het hy opgesê:

"Dan sal die Koning vir dié aan sy regterkant sê: 'Kom, julle wat deur my Vader geseën is neem jou erfdeel, die koninkryk wat vir jou voorberei is van die skepping van die wêreld af. Want ek was honger en julle het my iets gegee om te eet, ek was dors en julle het my iets gegee om te drink, ek was 'n vreemdeling en julle het my genooi, ek het klere nodig gehad en julle het my aangetrek, ek was siek en julle het na my omgesien. Ek was in die tronk en jy het my kom besoek.' "Dan sal die regverdige Hom antwoord: 'Here, wanneer het ons U honger gesien en U gevoed, of dors en U iets gegee om te drink? Wanneer het ons jou 'n vreemdeling gesien en jou ingenooi, of klere nodig gehad en jou geklee? Wanneer het ons jou siek of in die tronk gesien en vir jou gaan kuier?'



'Die Koning sal antwoord: 'Voorwaar Ek sê vir jou, wat jy ook al vir een van die geringstes van hierdie broers en susters van my gedoen het, het jy vir My gedoen.' Nadat hy dit voorgedra het, het hy na die gemeente gekyk en vir hulle alles vertel wat hy daardie oggend ervaar het.

Baie het begin huil en baie hoofde het in skaamte gebuig. Hy sê toe: "Vandag sien ek 'n byeenkoms van mense, nie 'n kerk van Jesus Christus nie. Die wêreld het genoeg mense, maar nie genoeg dissipels nie. Wanneer sal JULLE besluit om dissipels te word?"

Hy het toe diens tot volgende week afgesluit.

(Ek dink nie veel hoef hierna gesê te word nie. Kyk net in die spel, soos ek moes.)



Thank you to the teachers and parents from the New Apostolic Church in Plumstead, for teaching their Sunday School children to show compassion and kindness to the Elderly. Our Residents in Health Care received knee-blankets from the children.



Geseënde verjaarsdag aan ons Inwoners

| <i>Datum</i> | <i>Naam</i> | <i>Kamer/Woonstel</i> | <i>Ouderdom</i> |
|------------------------|---------------------------|-----------------------|-----------------|
| <i>6th</i> | <i>Anna du Toit</i> | <i>R35</i> | <i>92</i> |
| <i>6th</i> | <i>Bradley Martin</i> | <i>R10B</i> | <i>61</i> |
| <i>7th</i> | <i>Jan Le Roux</i> | <i>R44</i> | <i>87</i> |
| <i>8th</i> | <i>Amy Valentine</i> | <i>20A</i> | <i>89</i> |
| <i>10th</i> | <i>Julina Manuel</i> | <i>A4</i> | <i>87</i> |
| <i>14th</i> | <i>Stella Brownrigg</i> | <i>20B</i> | <i>77</i> |
| <i>13th</i> | <i>Gerald Browne</i> | <i>F120</i> | <i>81</i> |
| <i>15th</i> | <i>Ione Davies</i> | <i>N103</i> | <i>83</i> |
| <i>19th</i> | <i>Patricia Payne</i> | <i>R64</i> | <i>93</i> |
| <i>21st</i> | <i>Kathryn Drayton</i> | <i>R23B</i> | <i>81</i> |
| <i>21st</i> | <i>Rista De la Fontyn</i> | <i>F110</i> | <i>82</i> |
| <i>27th</i> | <i>Leonie Pauw</i> | <i>N204</i> | <i>95</i> |
| <i>27th</i> | <i>Gavin Cochrane</i> | <i>R69</i> | <i>64</i> |
| <i>26th</i> | <i>Henda Greeff</i> | <i>R40</i> | <i>82</i> |
| <i>30th</i> | <i>Gavin Lloyd</i> | <i>F115</i> | <i>63</i> |



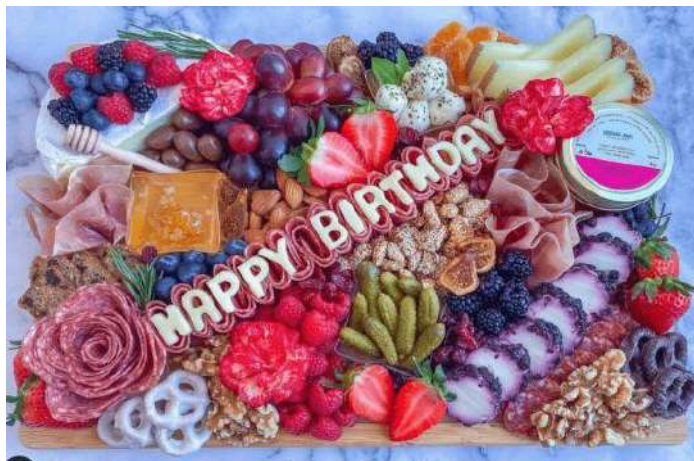
Where flowers bloom so does hope.

— Lady Bird Johnson —

AZ QUOTES

Gelukkige Verjaarsdag aan ons lede en kliente

| | |
|-------|--------------------|
| 14de | Elizabeth Lawrence |
| 16de | Felicity Raphael |
| 23ste | June Koeun |
| 24ste | Pamela Taylor |
| 31ste | Hilda Ryklief |



Geluk aan ons Personeel met hul verjaarsdag

| | | |
|------------------|---------------------|-------------|
| 1 st | Berenice Windvogel | PCS |
| 3 rd | Ursula Manuel | Health Care |
| 4 th | Mandy Zas | Health Care |
| 6 th | Brandon Wollenhoven | CCL |
| 24 th | Yvette Hartnick | Health Care |
| 24 th | Raeesah Martin | PCS |
| 25 th | Rossilyn Brown | CCL |
| 26 th | Renee Simons | Health Care |
| 27 th | Nichole Meyer | PCS |
| 28 th | Divine Mitchell | Health Care |
| 28 th | Ismerelda Jaars | Health Care |
| 29 th | Natasha Salie | Health Care |
| 30 th | Roslind Vlotman | PCS |
| 30 th | Chantelle Jones | CCL |
| 31 st | Wafiqa Damon | Health Care |

SURVIVAL KIT vir 'n Vrou

- Wees 'n  -pants en hou aan  vas
- As jy sukkel onthou: 
Christus **H**elp **O**ns **M**et **P**robleme
- Wanneer daar nie genoeg ure in 'n dag is nie,  het  ure.
- Maar onthou om ook genoeg te rus.
Take-A-Break.... Take-A 
- Wanneer jy  nodig het.
- Wanneer jy die onmoontlike moet doen kan jy 'n  wees
 Jy is 'n  **Vrou** 

Gelukkige verjaarsdag aan ons raadslede.

Ons waardeer jul strategiese bydrae tot PlumRus.

| | |
|-------|-----------------|
| 2de | Danie Rossouw |
| 12de | Lesley De Bruyn |
| 23ste | Francois Human |



Did You Know?

Did you know that elderly drivers in Japan are required to place a special mark on their cars? It's not a decoration; it's the "Koreisha mark," a multi-colored leaf-like or clover-like mark that indicates a driver is 75 years or older.

This mark has been in use since 1997, and its purpose is to alert other drivers to the presence of an elderly person driving, so they can treat them with patience and respect and yield to them if necessary.

The symbol has changed its shape over the years, now resembling a four-leaf clover. It represents wisdom, experience, and human frailty, and carries the message:

Be considerate, for the person in front of you is an elderly person with years of life past.



A MESSAGE SOME VISITORS TO PLUMRUS SHOULD CONSIDER: BE CONSIDERATE WHEN PASSING THROUGH OUR FACILITY – SHOW OUR RESIDENTS AND STAFF SOME RESPECT – DO NOT SPEED!



Our Internal Communication & Marketing campaign kicked off during July with 2 workshops conducted with the broader management team.

Our internal stakeholders of Residents, Staff and Families are important to the continued success of PlumRus.



DAG VAN DIE OOMS (Geskryf deur Dana Snyman)

Iewers anderkant Strydenburg, suid van Kimberley, draai ek weg Vosburg toe, grondpad, die vaaltes in. 'n Stil agterpad deur die ooptes gee jou die geleentheid om dinge in jou kop rustig te sit en uitsorteer.

Dit is 'n paar dae ná Pa se begrafnis en ek is van Ventersdorp af op pad terug Jacobsbaai toe. Huis toe. Vaderloos.

'n Ent verder, so 20 km van Vosburg af, is 'n padskraper besig om die pad te skraap, 'n seldsame gesig deesdae in die land. Die jong kêrel in die blou oorpak agter die stuurwiel waai en ek waai terug, en ek onthou 'n era toe byna elke padskraper in die land deur 'n man in 'n wit stofjas bestuur is. 'n Oom.

Hulle het dikwels saam met hul gesinne in 'n administrasie-woonwa in 'n padkamp aan die rand van die dorp gewoon, hierdie padskraperooms. Baie van hulle het op vyftig al krom gestap, want die dag ná dag se gesit en stamp in die padskraper het 'n man se rug en niere sleg opgefoeter.

Pa se dood laat my opnuut oor hierdie ooms van die land dink. Pa was so 'n oom. Hy het graag Grasshopper-skoene gedra, in sy broeksak was altyd 'n knipmes, en om sy pols 'n horlosie wat jy moes opwen. By sy hemp se bosak het dikwels 'n Parker-pen uitgeloer, en hy het sy hare in 'n kantpaadjie gekam, selfs toe hy bles begin raak het. Hy het al die jare as predikant plattelandse siele bearbei, maar van die ander ooms was padskraperdrywers, of hulle het boorgate geboor of met velle gesmous. Daar was ook stasiemeesters en vragmeesters en posmeesters en vee-inspekteurs. Van hulle was ook volksraadslede, sakemanne, prokureurs en stadsklerke. Party dokters was ook maar ooms – ooms in wit safaripakke, wat maklik laatnag in 'n Mercedes 280S die donker in ry om na 'n koorsige kind te gaan omsien.

Hulle was hóé lank die heersers van die land, hierdie ooms. Maar nou is hul tyd aan die verbygaan: die Nasionale Party-bewind het plek gemaak vir 'n nuwe bedeling, tradisionele kerke loop leeg en sluit, stasiegeboue staan kosynloos en dakloos in die weer en wind, dokters word uit Kuba ingevoer. En 'n burgemeester is deesdae 'n voltydse werk, een waarvoor die ooms nie meer in aanmerking kom nie.

Die ooms word die een ná die ander begrawe, of hulle sit op hul dorpshuise se stoep of op hortjiesbanke in die ouetehuis se tuin, met hul knobbelryge hande op hul kieries.

Op Vosburg hou ek by oom Awie Smit – hoe kan ek by oom Awie verbyry – stil. Die plaaslike motorwerktuigkundige. 'n Motorwerktuigkundige soos oom Awie is ook een van hierdie ooms soos Pa. Ooms aan wie se hande

AUGUST / AUGUSTUS

MONTHLY PROGRAM / MAANDELIKSE PROGRAM 2025

| Monday | Tuesday | Wednesday |
|--|--|---|
| <p>Gym trim in the hall Tuesdays @ 09:30 Gym trim in the hall Thursdays on 14th & 28th August @ 09:30 One hour For Jesus service in the hall & HC lounges every Friday @ 09:30 Afrikaans kerk diens Woensdae in die saal @ 09:30 Wednesday prayer meeting in HC lounges @ 11:45 7th August Morning Market in the hall @ 09:30 11th August Garden club meeting in the hall @ 15:45 28th August Lotto draw in the hall @ 18:00 29th August Bring & Braai in the hall @ 18:00</p> | | |
| 4 | 5 | 6 |
| <p>08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:00 Afternoon Craft Session in Stokoei</p> | <p>09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:30 Tea time: lounges 15:00 Teatime: lounges</p> | <p>08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Afternoon Craft Session in Stokoei</p> |
| 11 | 12 | 13 |
| <p>08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting</p> | <p>09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:30 Tea time: lounges 15:00 Teatime: lounges</p> | <p>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</p> |
| 18 | 19 | 20 |
| <p>08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges</p> | <p>09:00 Shopping Blue Route 09:30 Gym Trim in the hall 10:00 Tea time: lounges 15:00 Teatime: lounges</p> | <p>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 18:00 YouTube evening in the hall</p> |
| 25 | 26 | 27 |
| <p>08:00 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges</p> | <p>09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:00 Tea time: lounges 15:00 Teatime: lounges</p> | <p>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</p> |

| Thursday | Friday | Saturday | Sunday |
|--|--|---|--|
| | 1 | 2 | 3 |
| | 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 in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied |
| 7 | 8 | 9 | 10 |
| 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall | 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges | 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges | 09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges |
| 14 | 15 | 16 | 17 |
| 09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall | 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges | 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges | 09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied |
| 21 | 22 | 23 | 24 |
| 09:00 Shopping Constantia Village 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall | 08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges | 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges | 09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges |
| 28 | 29 | 30 | 31 |
| 09:00 Shopping Meadowridge 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 | 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 |

dikwels, soos in oom Awie se geval, 'n vinger of twee makeer. Ooms wat so 'n lang, onheilspellende fluit gee wanneer hulle 'n stukkende enjin sien, en wie se moersleutels teen hul werkwinkels se muur hang, elkeen se gebied met viltpenstrepe afgekamp. Ooms wat 'n hele distrik se rygoed aan die loop hou en gehou het.

Die middag is al aan die silwer raak toe ek die pad van Vosburg af Carnavon toe vat. Ek probeer radio luister, maar ek kan nie ophou om aan Pa en die ander ooms te dink nie. Vroom ooms wat hul gebede in die kerk begin het met: "Dierbare, almagtige Hemelse Vader. Ons staan vandag hier voor U en ons word klein . . ." Ooms wat tot die plaaslike kommando behoort het en 'n 303 of 'n Mauser in die hangkas gehou het. Ooms wat 'n bok geskiet en self afgeslag, opgesny en die biltong aan stringe bloudraad tussen die balke in die motorhuis gehang het om droog te word.



Baie van hierdie ooms was meesters van vaardighede waaraan daar al minder 'n behoefte was: hoe om 'n sweep te vleg, hoe om 'n hondjie se stert af te sny, hoe om 'n kar se vergasser te bloei, hoe om 'n lemoen of 'n appel met 'n knipmes af te skil. Party kon soos 'n tortelduif fluit deur hulle hande bak voor hul mond te hou. Ander het kinders vermaak deur hul valstande uit te haal en gesigte te trek.

Al dieper die binneland in ry ek, en die nag kom nader, en dit voel of al daardie ooms by my in die bakkie is om my deur die donker te help.

"Móét pa's dan sterf om vir hul seuns te lééf," onthou ek weer Hennie Aucamp se woord in sy kortverhaal, "Nag van die ooms".

Hulle was nie almal vlekkeloos nie, hierdie ooms. Baie het gestem vir landswette wat pyn en swaarkry vir ander gebring het. Hulle het kerklike sensuur uitgeroep oor mense wat dalk eerder naasteliefde nodig gehad het. Party het 'n skelm bottel brandewyn in die gereedskapkis aangehou, en ander het hul naaste se vrou en se os en se esel begeer.

Kortom: Hulle was alte menslik, hierdie ooms. Maar hulle was trots en hardwerkend, want hulle het geglo in die sweet van jou aangesig sal jy jou brood verdien. En hulle was spaarsamig; en hoe ouer hulle geword het, hoe meer het hulle die stories oor die armoede van hul jongdae vertel, hoe hulle deur die ryp skool toe gestap het en onderbroeke gedra wat hul moeders van meelsakke gemaak het.

Die werke van hierdie ooms se hande is oral in die land te sien: die huise en die skure en krale wat hulle gebou en laat bou het. Die paaie, die brûe, die treinspore, die damme, die leivore. Die kerke en kerksale. Die drade wat gespan is, die drukgange en laaibanke wat opgerig is. Die kweperlanings wat hulle geplant het.

Hulle het saans vroeg gaan slaap en soggens vroeg opgestaan, hierdie ooms. Hulle het hul tiendes vir die kerk gegee en kinders versorg en van lente na somer na winter na herfs geleef en gesterf sonder enige groot openbare erkenning. Hulle het geglo hulle sal hul beloning in die hiernamaals kry.

Dalk is Hennie Aucamp reg: Eers wanneer die lewendes nie meer daar is nie, kan dié wat oorbly hulle na waarde skat.

My pa was so 'n oom.

(Ingedien deur: Jan Lourens)

The Quiet Treasure of Friendship - Who we still hear in the quiet ✨

Friendship is one of the most sacred things we'll ever hold in this life.

It arrives quietly—sometimes as laughter shared over nothing, sometimes as a hand that shows up when the world falls apart. It doesn't always come in the forms we expect. Sometimes it's loud and steady, other times it's soft and fleeting, it doesn't need to look perfect. Sometimes friendship lives in the spaces between—an old text, a memory that still makes you smile. It lives in the moments where no one else saw your hurt or noticed your distance.

We must learn to value it in all its shapes. The friend who checks in, the ones who challenge us, who listen without fixing, who love us exactly as we are, and even the ones who came for a season and changed us before drifting away. Each friendship is a thread in the story of our becoming.

I see you—not just who you are when it's easy, but who you are in your confusion, your fear, your silence. And I still choose you."

It holds space for who you were and who you are becoming.

Whether they are near or far, whether you talk every day or only once in a while, they are part of your soul's home. And in this life, what matters most is not how loud our lives become— and haven't they ever lately, but what matters is who we still hear in the quiet.





Mrs. Magdalene Govindsamy

Health Care Zone 5 Room 57B

Magdalene joined us on the 16th July 2025, she was born and raised in Calitzdorp and Oudtshoorn. Her children are Fergus Govindsamy and Ingrid Brown, both living in Cape Town.

Margaret worked as a laboratory assistant and is a very friendly and sociable person. She also enjoys reading, going for walks and watching TV.

Mrs. Veronica Trollip

Health Care Zone 1 Room 15

Veronica was born and raised in Kroonstad, Free State. Her children are Bronwen Leith (Plumstead) and Desmond Trollip (UK).

Veronica worked as a shorthand typist, and a managing secretary for the South African Permanent Building Society. She was a Salvation Army officer and a missing person's officer. Veronica still enjoys church services, fellowship meetings, sewing, flower arranging, crafting, scrap booking, fabric painting and spending time with her family.



A woman is like a tea bag – you can't tell how strong she is until you put her in hot water.

ELEANOR ROOSEVELT

CARRYING STRESS IN YOUR SHOULDERS AND NECK

Neck and shoulder pain is quite common in the general population, especially among people who experience high levels of stress. Many of us carry our stress directly in our necks and shoulders, which can lead to muscle tension, pain, and headaches.

Potential physical symptoms

Everyone experiences physical manifestations of stress differently, but stress can affect almost all of our bodily systems. The stress reaction can cause rapid heartbeat, increased blood pressure, tense and laboured breathing, gastrointestinal distress and trembling.

Why you experience neck and shoulder pain

Stress also strongly impacts the muscular system, causing muscles to tighten and contract. The neck and shoulders are one of the most common areas where muscles tighten due to stress. The higher your stress levels and the longer you remain in a high-stress state, the more neck and shoulder tension you may experience.

Symptoms of shoulder and neck stress

Each person will experience these symptoms in unique ways, but some of the possible symptoms include:

- an achy, tense feeling in the neck and/or shoulders
- a stiff neck
- discomfort when the neck and shoulders are touched or when you turn your head
- a feeling of tightening in your neck or shoulders
- jaw clenching or tension is also possible, as is back pain

Tension in the neck and shoulders can also contribute to headache symptoms. People with stress that goes to their neck and shoulders are prone to tension headaches and migraines.

Relieving shoulder and neck stress

A few effective ways to address stress in life.

1. Physical exercise

Physical exercise of any kind is known to reduce stress. People who exercise regularly may have lower heart rates than sedentary individuals and often have more balanced, stable moods. Just 30 minutes a day of any type of movement that you enjoy can make a difference.

2. Meditation

Practicing mindfulness and meditation can help you learn to recognize stressful thoughts so that you can let them go and not let them dominate your life. This, in turn, can reduce stress in your body, and reduce stress-related symptoms like neck and shoulder pain.

3. Getting enough sleep

Getting enough sleep increases your energy levels and ability to concentrate. You are also probably cognizant of the fact that increased stress levels can make it difficult to fall asleep and stay asleep. But what you may not know is that lack of sleep in and of itself can contribute to elevated levels of stress. Therefore, simply making it a strong habit to go to sleep on time can blunt some of the stress in your life.

4. Therapy

Therapy can help you deal with serious mental health conditions and help you work through traumas. But it can also help you better manage the common life stresses that all of us experience.

When you need immediate relief

Besides managing your stress levels, you can speak to your GP about medication options for relieving neck and shoulder pain. You can also consider using hot or cold packs to provide relief. Gentle neck stretching can also be helpful. But for some people, resting the neck and shoulders and decreasing physical activity for a few days works best.

When to call your doctor

It's important to distinguish between neck and shoulder pain or tension related to stress and symptoms that may be signs of a serious medical condition.

Symptoms may include:

- a stiff neck and headache accompanied by a fever, which could be a sign of meningitis
- neck or shoulder pain, along with loss of bladder or bowel control, indicating possible pressure on your spinal cord
- signs of a physical injury, such as instability in your joints, or an unusual ability to move your head back and forth more than expected
- neck pain along with swollen neck glands, indicating a possible infection or tumour
- neck pain accompanied by chest pain or pressure, which are possible signs of a heart attack

Should you experience any of these symptoms, don't jump to conclusions. Consult your GP – they know best what to be on the lookout for and what treatment is needed.



Prepared by Johan Laten, *Reboot Your Resilience*

www.rebootyourresilience.co.za

People who become the best version of themselves, in later life...

- Never stop learning
- Set goals for themselves
- Embrace flaws & imperfection
- Make time for self-reflection
- Maintain a healthy lifestyle
- Practices gratitude – i.e. gratitude journal
- Surrounds themselves with positive influences/people
- Daily habits that nourish mind, body, spirit, navigate challenges, expand knowledge
- Understands impermanence
- Accepts things as they are
- Practice loving kindness
- Let's go of attachments
- Embraces silence



(Submitted by: Louise Edgcumbe)

Taking charge of my life

"My own children left me in a retirement home... and took everything. So, I decided to start over — but this time, without them."

They came on a Sunday — warm smiles, soft words, and empty promises packed into neat little boxes.

They told me I deserved to rest.

They dropped me off at a retirement home... and never came back.

It had all been arranged: my bank account was emptied, my car sold, and I was left there — like someone abandoning an old chair.

But the worst part wasn't the betrayal.

It was the silence...

Months passed without a single call.

No "Happy Birthday," no "How are you feeling today?"

Only silence... and the quiet company of others like me, carrying the same label: forgotten.

But in that abandonment, I found something unexpected — value.

One man knew how to carve wood.

Another used to be an accountant.

A woman sewed with rare elegance.

Another painted with soul-touching beauty.

And me... I still had my mind — and an idea.

I pitched them something wild: let's start a small brand, made by us — the ones cast aside.

At first, they laughed.

But with the little we had, something came to life: cushions, notebooks, paintings, bags.

We called it "Wise Hands."

We began selling online.

Some grandchildren helped us with social media.

Then, the orders started coming in.

A TV segment. A magazine article.

Two years later, we had a foundation.

Today, we employ over 120 seniors across various care homes.

We have a store, a production workshop, and ship nationwide.

Each product carries a message:

"Made by someone the world had forgotten... but who still had so much to give."

Not long ago, my children came back.

They had lost everything.

They asked me for help.

I gave them something better: a job.

I told them:

"Here, nothing is given. Everything is earned."



One stayed.
The other left with his head low.
I hold no bitterness.

Because what they left behind... I turned into purpose.
Today, I'm not just a father.
I'm the founder of an invisible — but priceless — family.

"Not everyone who abandons you breaks you.

Sometimes, they simply point you toward what you were meant to build."

— Don Álvaro Castaño

4 MINUTES TO GO!

Can you imagine yourself being rudely awakened by a shocking siren in the middle of the night, sliding down a slippery pole, throwing on jacket, trousers, boots, face mask and helmet and breaking the speed limit in a vehicle worth R1 million, all within 4 minutes? Well, that describes the required reaction time of a fire fighter.



For 4 Mondays in a row, Plumrus residents were able to visit the Lakeside Fire Station, where the team on duty took lots of time and trouble to explain their routine, equipment and demonstrate their vehicles, equipped with kilometres of hose, a range of first aid equipment, even "spreaders" and the jaws of life for those really horrible accidents.

The callouts range from bushfires, mountain fires, house fires, accidents, to rescuing cats from trees. It was so disappointing to hear how often the fire hydrants are vandalised or the firemen are attacked by the very people they are trying to help.



Thank you to the City of Cape Town – Lakeside Fire Station – under Station Commander Gregory Carolissen for facilitating such excellent services, to Plumrus for organising the outing, to the firemen on duty who were so willing to educate us and not forgetting our drivers Kurt and Sammy for taking us on a safe ride to the Fire Station via Silvermine and Noordhoek

to first observe the devastation of the last fires.

(Review by:
Verena Salzwedel)





Ek wil graag van die geleentheid gebruik maak om al my vriende hier by PlumRus te bedank vir hul liefde en omgee tydens my hospitalisasie en terwyl ek steeds aanhou herstel by die huis, na my knie-operasie.

Weet dat al die telefoonoproepe, whatsapp boodskappies, bemoedigings en besoeke baie waardeer word. Die bederf van blomme en lekkernye was werklik spesiaal.



Aan die personeel; dankie vir julle help en bystand en dat julle altyd gereed is om die ekstra myl te gaan om my behulpsaam te wees.

Liefde en dank: Marie Knuppel



LOOK FOR ME IN RAINBOWS

Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.
In the morning sunrise when all the world is new,
Just look for me and love me,
as you know I loved you.

Time for me to go now, I won't say goodbye;
Look for me in rainbows, high up in the sky.
In the evening sunset,
when all the world is through,
Just look for me and love me,
and I'll be close to you.

It won't be forever, the day will come and then
My loving arms will hold you,
when we meet again.

Time for us to part now, we won't say goodbye;
Look for me in rainbows, shining in the sky.
Every waking moment, and
all your whole life through
Just look for me and love me,
as you know I loved you.

Just wish me to be near you,
And I'll be there with you.



Our sincerest condolences to Shandre (Laundry) and Denzil (Facility Carer) on the stillbirth of their baby, Shaun D Koense-Jehoma. Our thoughts and prayers cover you and the extended family during your time of mourning. Wishing Shandre complete physical healing, in God's time.

Psalm 139 verses 13 to 16





A relationship that started as neighbours in Plumstead and continued when we became next door neighbours in PlumRus North but grew into a friendship where we became each other's confidants. Jeanette dedicated her life to caring for her family. She was very proud of sharing Paddy's achievements with all and sundry. Her gift of caring was seen in the way she cared for Wally and how she so lovingly took care of Bridget right up until the time she became ill.



One of her favourite pastimes was spending time reading and catching up with the latest news, locally and internationally, over a good coffee and some sweet treats in the Protea Coffee Shop, which she won a prize for naming. She was generous in sharing her love for sweet things, always offering to buy me a coffee or just popping chocolate into my postbox. I will continue to remember her with much fondness.

Shirley Coles

In Memory of Charles Miller: 29/01/1942 - 07/07/2025

We are saddened to share the passing of Charles Miller, a beloved member of our community.

Charles was a humble man who found joy in life's simple pleasures—a warm cup of tea, a peaceful moment in the garden or lounge, and visits from his children and grandchildren, which he treasured deeply. He had a special gift to connect and seemed to know everyone at the facility. Whether chatting with staff, carers, or fellow residents, Charles always made time for a friendly word and a smile. He was deeply appreciative of the care he received, never taking a kind gesture for granted. His warmth, gratitude, and gentle presence left a lasting impression on all who knew him.

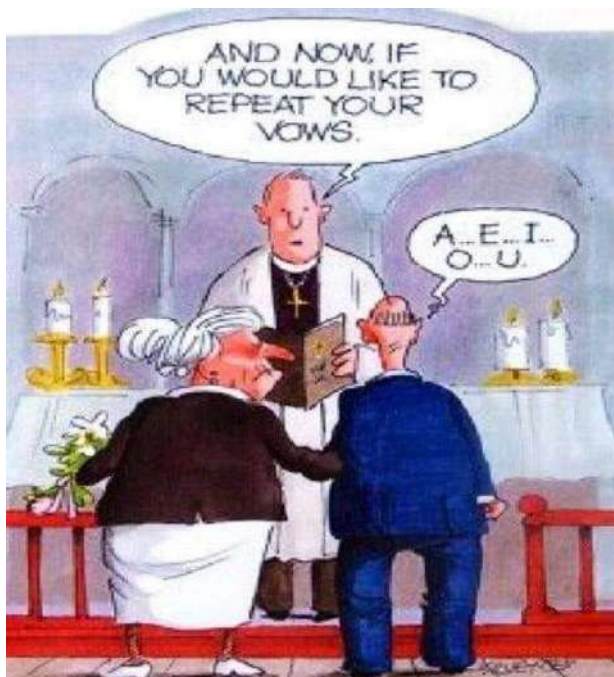


Charles will be fondly missed by all of us.

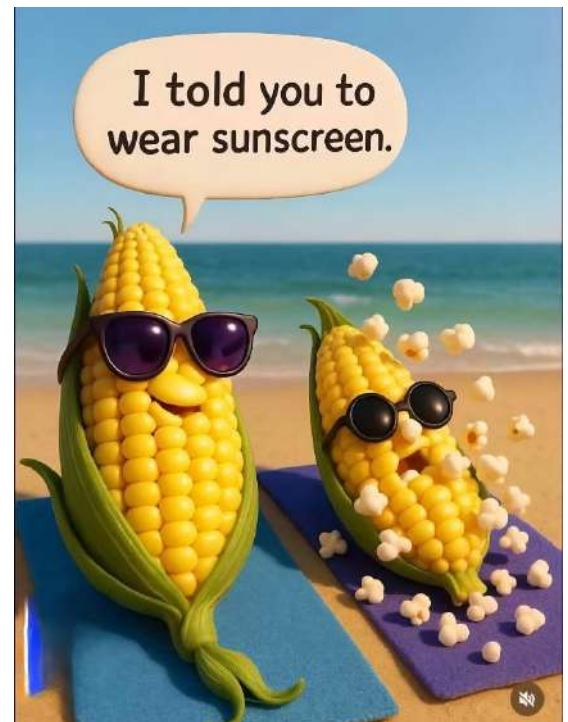
MHDSRIP – Brent & Wesley (sons)

HUSBAND:
I want you to have this bracelet. It
belonged to my grandmother.

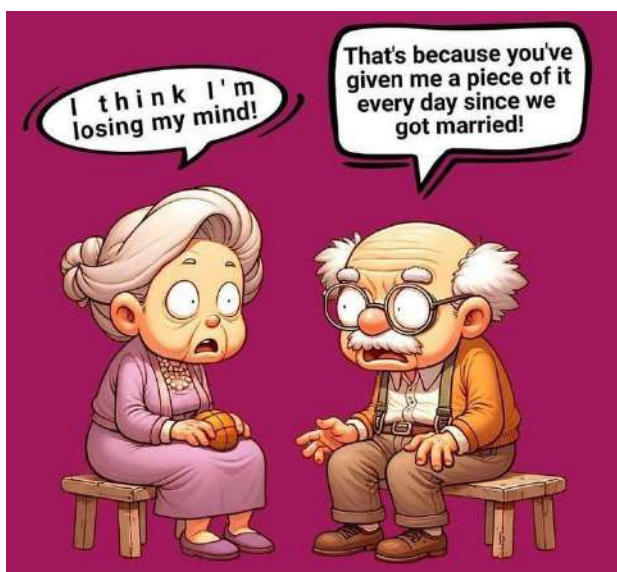
WIFE:
Why does it say, "Do not
resuscitate?" 🤔😂



At dinner, little Johnny was asked to lead the prayer.
"But I don't know how to pray," he replied.
"Just pray for your family, friends and neighbors,
the poor, etc.," said his father.
"Okay", the boy said,
"Dear Lord,... Thank you for our visitors and their
children, who finished all my cookies and ice cream.
Bless them so they won't come again.
Forgive our neighbor's son, who removed my
sister's clothes and wrestled with her on her bed.
This coming Christmas, please send clothes to all
those poor ladies on my Daddy's Blackberry who
do not have any clothes.
And provide shelter for the homeless man who uses
Mom's room when Daddy is at work. AMEN"
Dinner was cancelled.



When me and my friend hop on the
elevator to Heaven and it starts
going down



The Woman of the Bible

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

Mary Magdalene
Deborah
Rizpah
Tamar
Leah
Eve

Elizabeth
Rebekah
Rachel
Dinah
Anna

Jezebel
Salome
Esther
Sarah
Mary

Bernice
Joanna
Hannah
Rahab
Ruth

***Happy Woman's Month to all the phenomenal woman who
continue to break barriers and defy stereotypes.***

You are A-M-A-Z-I-N-G!