

# PlumRus NEWS NUUS

November Issue • Uitgawe



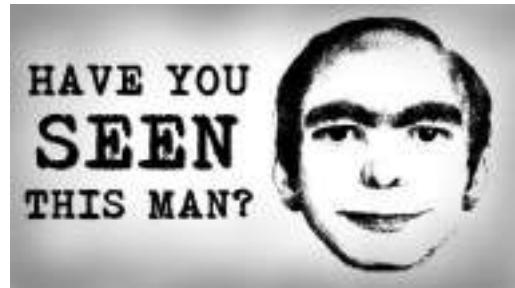
Making a life-giving difference  
Maak 'n lewiegewende verskil

## Spiritual Care Program

<b>Wednesdays at 09:30</b>	<b>Fridays at 09:30</b>	<b>Sunday Morning at 09:30</b>	<b>Sunday Eve at 17:45</b>
		2 <sup>nd</sup> Morning Service	
5de Oggenddiens	7 <sup>th</sup> One Hour for Jesus	9 <sup>th</sup> Morning Service	9de Aanddiens
12de Oggenddiens	14 <sup>th</sup> One Hour for Jesus	16 <sup>th</sup> Morning Service	
19de Oggenddiens	21 <sup>st</sup> One Hour for Jesus	23 <sup>rd</sup> Morning Service	23ste Aanddiens
26ste Oggenddiens	28 <sup>th</sup> One Hour for Jesus	30 <sup>th</sup> Morning Service	

### WHO IS THIS MAN?

Twenty years ago, a marketing specialist created a fictional character he called 'This Man', who supposedly appeared to people all over the world - in their dreams. He posted a picture of the 'man' on his website with the question..." Have you ever seen this man in your dreams?" Once news of 'This Man' began circulating, reports flooded in -" Yes, I've seen him in my dreams!" many claimed. The designer had cleverly used features most human faces share, so when people saw the picture of 'This Man', many believed they'd seen him before. The swirl of intrigue around this mysterious man was all based on a delusion. It was all an elaborate hoax demonstrating the impact of the image and the power of suggestion. The idea was later bought by Ghost House Pictures and turned into a horror movie!



The Word of God tells of another mysterious man. This time, not a figment of someone's imagination, but a real flesh and blood man. What he said and did was at times so strange and wonderful, that people were left muttering ..." **Who is this man?**"

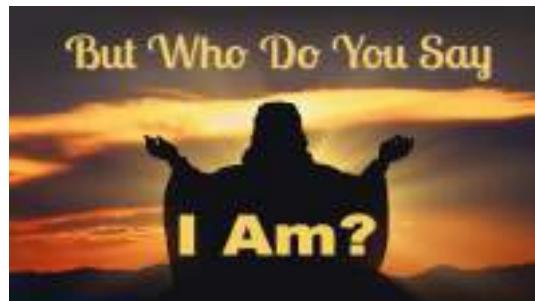
He grew up in Nazareth, a small village in the Galilee region of northern Israel, where villagers knew him as Jesus - the son of Joseph and Mary. They however knew Jesus was no ordinary child. The events around his conception, birth and dedication at the Temple left them in no doubt about this. At His baptism in the Jordan River, the skies opened and God's Spirit – looking like a dove - settled on Him. A voice from heaven spoke: "*this is my Son, chosen and marked by my love, the delight of my life.*" From there He went all over Galilee teaching people the truth about God and healing their diseases. On one occasion, after forgiving a paralysed man's sin and then healing him, some onlookers exclaimed:" Who **is this...**that speaks blasphemies? Only God can forgive sins." While crossing the sea of Galilee, a severe storm blew up and tossed the terrified disciple's boat around like driftwood. Jesus was with them and calmly commanded the wind to be silent and the waves to quiet down. In an instant, the sea became smooth as glass! Astonished, the disciples blurted out, "**Who is this** that even the wind and the waves obey him?" After hearing details of Jesus' remarkable ministry, Herod – Roman appointed ruler of Judea - anxiously asked "**Who is this** that I keep hearing about?" When Jesus rode into Jerusalem on the back of a donkey just before His crucifixion, the city was stirred with many exclaiming "**Who is this?**"

Today many couldn't care less about Jesus, but there are others – plenty of them, who are fascinated by the person and work of Jesus. The foundation of Christianity rests on Him. If He is not God as He claimed to be, or has not overcome sin and death, reconciling us to God as He said he would, then the Christian faith crumbles in ruins. Thankfully, for those of us willing to believe the Word of God, the overwhelming evidence confirms Jesus' identity as the only begotten Son of God. Philip, one of Jesus' disciples once asked Him to show him the Father. *"If you've seen me" Jesus said, "you have seen the Father...I am in the Father, and the Father is in me"* (Luke 14:8-10). Jesus is not God in human disguise, or a man with supernatural godly qualities, he is a historic person possessing two unique and perfect natures. He is God made man – perfectly God and perfectly man at the same time. That's the reason He deserves not only our admiration, but our worship.

Of all the questions you and I may ever be asked, this is the most important: 'Who is this man called Jesus?'

While travelling through the region of Caesarea Philippi, Jesus asked His disciples, "Who do people think that I am?" "Some think you're John the Baptist come back from the dead," they replied, "others think you're Elijah or Jeremiah or one of the other prophets." Clearly many realised Jesus was someone special, but they weren't sure just how special He was. Then Jesus turned to His disciples, "And how about you? Who do you say I am?" Peter spoke up, "You're the Messiah, the one we've been waiting for, the Son of the living God." Although, what Peter said was a revelation from God, he didn't fully understand what it meant. He thought Jesus was going to be an earthly king who would make their lives better. He certainly didn't think God's 'Son' would have to suffer and die on a cross. And when Jesus told His disciples He had to go to Jerusalem where He'd suffer and be killed by the religious leaders, Peter tried to stop Him. In Peter's objections, Jesus heard echoes of the Devil's temptation in the wilderness – to accomplish His Father's work without suffering and dying. That's why Jesus scolded Peter – he may have known He was the Messiah, but he needed to understand that He was also the Suffering Servant the prophet Isaiah had spoken of. The One who'd be despised and rejected by the very people He'd come to save. He'd be pierced for their rebellion and crushed for their sins. Knowing that His punishment on their behalf would make them whole, that His bruises would mean forgiveness and healing for them, He gracefully embraced the suffering and pain.

At first Peter didn't understand who Jesus really was and what He'd come to accomplish - but later he did. And what a life-changing journey it was. Through denial, remorse, and restoration to courageous proclamation of the crucified and risen Jesus as Lord and Saviour, whose precious blood had redeemed mankind from sin and death. Peter's journey began in earnest when he was challenged to consider who Jesus really was. For Peter, a growing understanding of the truth about Jesus, then believing in Him as Saviour, and loving and serving Him as Lord, all flowed from that question..."Who do you say I am?"



How would you answer Jesus' question: "Who do you say I am?"

By the grace of God, you too can come to believe that Jesus is who He claimed to be – the Son of God and Saviour of the world...your Saviour too. Then like unsure or even sceptical Thomas, and countless men and women through the ages, you'll kneel at the feet of the risen Jesus and declare: "My Lord and my God!"

**(Grace and peace to you in Christ Ps. Dave Henderson)**

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### **WISE WORDS FROM CHAIRMAN WILBUR**

On a recent Sunday morning, we were privileged to have the chairman of the Plumrus Board as the speaker at our Sunday morning service.

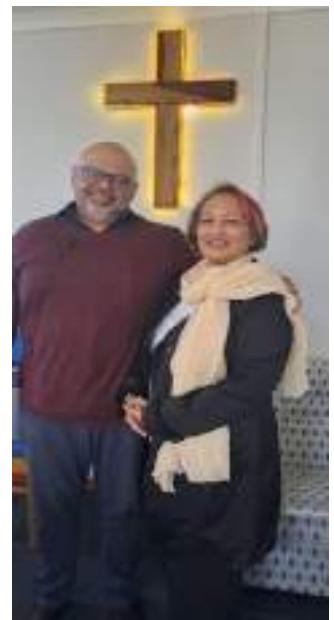
What he had to say centred around the story of Jesus raising Lazarus from the dead. When faced with sadness, death and tragedy, what did Jesus do? **JESUS WEPT!**



Living in community at Plumrus, oftentimes being touched by the health challenges, sadness and even death around us, what can we do?

FEEL the conviction of our Faith  
ACT in compassion  
ASK God for others

Although this seems daunting, we can do it if we are rooted in Christ.

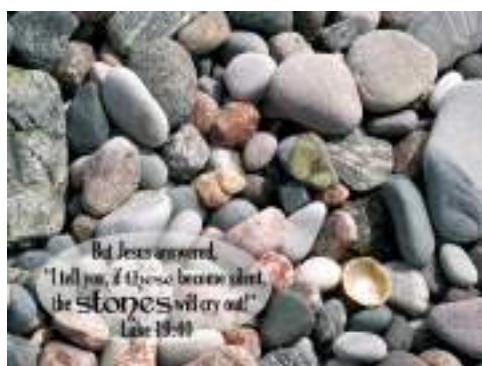


"The FRUIT springs from the ROOT"

**"If they kept quiet, the stones would do it for them, shouting praise."**

**(The Message)**

As Jesus entered Jerusalem on a donkey, the crowds of disciples and followers praised him, calling him "the King who comes in the name of the Lord". Residents shared their songs of praise at our One Hour for Jesus Praise & Testimony service at the end of October. **What is your song pf praise going to be when Jesus returns, do you have a song?**



## Manager's Prayer

*(For the purpose of this prayer the scripture is in the following order)*

### Psalm 31

9. Be gracious to me, O Lord, for I am in distress;  
my eye wastes away from grief,  
my soul and body also.
10. For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.
1. In you, O Lord, I seek refuge;  
do not let me ever be put to shame;  
in your righteousness deliver me.
2. Incline your ear to me;  
rescue me speedily.  
Be a rock of refuge for me,  
a strong fortress to save me.
3. You are indeed my rock and my fortress;  
For Your name's sake lead me and guide me,
4. Take me out of the net that is hidden for me,  
For you are my refuge.
5. Into your hand I commit my spirit;  
you have redeemed me, O Lord, faithful God.

Father, you made us in Your own image and redeemed us through Jesus your Son: Look with compassion on us; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish Your purposes on earth; that, in Your good time, we all may serve You in harmony around your heavenly throne; through Jesus Christ our Lord. Amen





### **Happy Birthday to our Residents**

<b>Date</b>	<b>Name</b>	<b>Location</b>	<b>Age</b>
2 <sup>nd</sup>	Alice Van Dieman	R73	87
6 <sup>th</sup>	Louise Edgcumbe	F102	86
6 <sup>th</sup>	Roselyn Francis	R56	93
7 <sup>th</sup>	Dorothy Aggenbach	R67	90
8 <sup>th</sup>	Rebecca Meyer	R37C	94
8 <sup>th</sup>	<b>Margaret Raven</b>	<b>H003</b>	<b>103</b>
10 <sup>th</sup>	Charles Porter	F119	83
15 <sup>th</sup>	Rex Basson	R9	96
15 <sup>th</sup>	Magdalena Douglas	R14	93



#### **A Life Well Lived**

You've walked through years with steady grace,  
Left gentle footprints in your place.  
With laughter shared and sorrows met,  
A life of meaning, no regret.

Your hands have held both work and love,  
Your gaze still lifts to stars above.  
Each wrinkle tells a tale or two—  
Of all you've seen, and all you do.

You've taught us how to truly live,  
To seek, to share, to always give.  
Your journey's rich, your spirit thrives—  
A shining light in full-lived lives.



## Happy Birthday to our Staff

1st	Herschellelite VD Berg	PCS
3rd	Portia Sam	Admin
5th	Stacey Lee Adams	PCS
8th	Jazreel Manuel	CCL
13th	Micheala Appie	Health Care
14th	Gail Jackson	PCS
17th	Natilie October	Health Care
18th	Eric Barnard	BMG
18th	Leeshay Philander	PCS
18th	Davina Bobbert	PCS
19th	Jaydee Basson	PCS
23rd	Janine Daniels	CCL
24th	Belinda van Niekerk	Marketing
24th	Veronica Fortune	PCS
26th	Edwina Carelse	Health Care
27th	Clayton Felix	Riskman
27th	Catherine Rector	CCL
27th	Tarryn Lee Arendse	Health Care
27th	Denise Hendrickse	Health Care
28th	Lindsay George	HC Admin
28th	Natasha Vlotman	Health Care
28th	Claudia Rector	Coffee Shop
29th	Luzaan Samuels	CCL
30th	Denzil Jehoma	CCL



## *Gelukkige Verjaarsdag aan ons lede en kiente*

<i>1<sup>st</sup></i>	<i>Mrs. H. Van Zyl</i>
<i>2<sup>nd</sup></i>	<i>Mrs. G. Adams</i>
<i>2<sup>nd</sup></i>	<i>Mr. H. Kaplan</i>
<i>7<sup>th</sup></i>	<i>Mrs. M. Markus</i>
<i>13<sup>th</sup></i>	<i>Mrs. J. Solomons</i>
<i>14<sup>th</sup></i>	<i>Mrs. E. Samuels</i>
<i>27<sup>th</sup></i>	<i>Ms. B. Soldaat</i>
<i>28<sup>th</sup></i>	<i>Ms. T Jacobs</i>



### **The Story of the Blind Men and the Elephant**

Once upon a time, in a small village, there lived a group of blind men who had heard of an elephant that had come to the nearby forest. Each blind man had a different idea about what an elephant might look like.



The first blind man approached the elephant and touched its side. "Ah, the elephant is like a wall," he said.

The second blind man touched the elephant's tusk. "No, no, it's like a spear," he said.

The third blind man felt the elephant's trunk. "You're both wrong, it's like a snake," he said.

The fourth blind man touched the elephant's knee. "I think it's like a tree," he said.

The fifth blind man felt the elephant's ear. "No, it's like a fan," he said.

The sixth blind man touched the elephant's tail. "You're all wrong, it's like a rope," he said.

Each blind man was convinced that his perception was the correct one, and they began to argue among themselves. A wise man who was watching from afar decided to intervene.

"My dear blind men," he said, "each of you has touched a part of the elephant, but none of you have seen the whole elephant. The truth is that the elephant has all of these qualities - it is like a wall in its side, a spear in its tusk, a snake in its trunk, a tree in its knee, a fan in its ear, and a rope in its tail."

The blind men realized that they had been foolish to argue over their individual perceptions. They understood that the truth is complex and multifaceted, and that each of their perspectives was only a small part of the larger reality.

**Moral:** Don't assume that your limited perspective is the entire truth. Be open to other viewpoints and experiences and recognize that reality is often complex and multifaceted. By embracing humility and diversity of thought, you can gain a deeper understanding of the world.

**(Submitted by: Yacoub)**

# Did You Know?



Join us every Wednesday and Friday afternoon from 15:00 onwards for a game of table tennis. We play in the Strauss Patio on the 2<sup>nd</sup> floor of PlumRus North.

*A great way to play and exercise with friends of all levels.*

*The ultimate brain workout – increases activity in the brain after only 10 minutes.*

## Staff Gifts – Refer Resident's memo R066/25

This serves as a reminder that Residents are not allowed to give staff gifts, anytime throughout the year, including Christmas time. As per point 8 of our House Rules, our staff employment contract clearly stipulates that staff may not accept any form of gifts from our Residents. Deviation from this ruling could result in the staff member's employment contract being terminated.



*You can acknowledge excellent service received from our staff by completing the "Service Excellence Award Nomination Form" strategically placed near our notice boards or ask our HR Dept to provide you with a copy for completion.*



Cleanliness – personal and your environment, is one of the pillars of Basic Care. Rossilyn Brown (HOD), seated between her supervisors, Praxia and Gladys, together with their team of facility and domestic carers, ensure that your laundry is washed and ironed, your room/flat is cleaned and that all our public areas are clean and inviting to everyone visiting PlumRus.

Thank you, Team!

Our Coffee Shop is designed to be a space where family and friends meet, and memories are made. We focus on maintaining a homely environment where we can enjoy tasty meals and snacks at reasonable prices. Speak to Craig if you need help to arrange your next family celebration. **(Photos supplied by: Marie Knuppel)**



Maurine Gleeson celebrated her 96<sup>th</sup> birthday in the company for her daughter, Trish, her granddaughter and her husband visiting from Australia, with their twin boys Euan and Flynn.



Gloria Snyman enjoyed her 91<sup>st</sup> birthday with her children and a friend or two.



#### **REMEMBER THE WAITER IS YOUR ALLY, NOT YOUR ADVERSARY**

The waiter is your lawyer in the court of the kitchen. Make them your friend. A smile, a thank-you, or a touch of humour can turn a tense situation into a human one.

*Example:* "I think my steak's closer to braai charcoal than medium-rare. Can we try again?" It's funny, clear, and disarming.

#### **NEVER PUNISH THE PERSON WHO CAN MAKE YOUR NIGHT BETTER**

People who tip badly out of spite are like drivers who honk at traffic: technically expressive, practically useless. If service was truly poor, note it politely, but don't make your point with someone's rent money.

*Example:* Leave a fair tip, even if not generous. Follow up with a calm message to management: "Love your place, but tonight's service was unusually slow. Hope it's just an off night." The restaurant remembers that.

#### **KINDNESS IS REMEMBERED LONGER THAN RANTS**

People respond better to rewards than punishment, including restaurant staff. Be the customer they *want* to fix things for, not the one they pray leaves before dessert.

In the end, you're not just reviewing a restaurant; you're writing a brief essay on your own decency. The waiter might forget your order, but they'll remember how you made them feel.

And if all else fails? Order dessert. Bitterness fades faster when it's covered in chocolate.

## EMOTIONAL RESILIENCE

**Emotional resilience** refers to one's ability to adapt to stressful situations or crises. More resilient people can "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes, both major and minor.

### What influences emotional resilience?

Emotional and physical resilience is, to a degree, something you're born with. Some people, by nature, are less upset by changes and surprises – this can be observed in infancy and tends to be stable throughout one's lifetime.

Emotional resilience is also related to some factors that aren't under your control e.g., age, exposure to trauma, gender. However, *resilience can be developed with some effort and practice*. If you know what to do, you can become more resilient, even if you are naturally more sensitive to life's difficulties.

### Characteristics of emotional resilience

1. **Emotional awareness** People with emotional awareness understand what they're feeling and why. They also understand the feelings of others better because they are more in touch with their own inner life. This type of emotional understanding allows people to respond appropriately to others and to better regulate and cope with difficult emotions such as anger or fear.
2. **Perseverance** Whether they're working toward outward goals or on inner coping strategies, they're action-oriented – they *trust in the process and don't give up*. Resilient people don't feel helpless or hopeless when they are facing a challenge. They are more likely to keep working toward a goal when they are faced with an obstacle.
3. **Optimism** Resilient people also see the positives in most situations and believe in their strength. This can shift *how they handle problems from a victim mentality to an empowered one*, and more choices open up.
4. **Support** Social support plays a critical role in fostering resilience in addition to improving overall mental well-being. While resilient people tend to be strong individuals, *they know the value of social support and can surround themselves with supportive friends and family*.
5. **Sense of humour** People strong in emotional resilience can laugh at life's difficulties. This can be a tremendous asset, as it shifts one's perspective from seeing things as a threat to seeing them as a challenge, and this alters how the body reacts to stress. They also get a good laugh more often, and this brings benefits as well.
6. **Perspective** Resilient people can learn from their mistakes (rather than deny them), see obstacles as challenges, and allow adversity to make them stronger. They can also find meaning in life's challenges rather than seeing themselves as victims.
7. **Spirituality** Being connected to your spiritual side has been linked with stronger emotional resilience, especially if you're internally connected and not just going through the motions of attending services.

### Build your resilience

#### 1. Self-Awareness: Understanding My Own Feelings

- **Daily reflection:** Each morning or evening, write down or talk about *one emotion* felt that day and *what triggered it*.
- **"Mood thermometer":** Rate mood from 1–10 each day, it this helps track emotional patterns.
- **Guided discussions:** In group sessions, share memories that brought joy, sadness, or pride and explore *how those feelings affected choices*.

# NOVEMBER / NOVEMBER 2025

## MAAND / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
<p><b>Gym trim in the hall</b> <b>Tuesday's</b> @ 09:30  <b>Gym trim in the hall</b> <b>Thursdays on 13th &amp; 27th Nov</b> @ 09:30  <b>One hour For Jesus service in the hall &amp; HC lounges</b> <b>every Friday</b> @ 09:30  <b>Afrikaans kerk diens</b> <b>Woensdae in die saal</b> @ 09:30  <b>Wednesday prayer meeting in HC lounges</b> @ 11:45  <b>6th Nov</b> <b>Morning Market in the hall</b> @ 09:30  <b>10th Nov</b> <b>Garden club meeting in the hall</b> @ 15:45  <b>20th Nov</b> <b>Residents presentation in the hall</b> @ 10:00  <b>27th Nov</b> <b>Bp Clinic in Clinic Room from 09:00 - 11:00</b>  <b>27th Nov</b> <b>Lotto draw in the hall</b> @ 18:00  <b>28th Nov</b> <b>Bring &amp; Braai in the hall</b> @ 18:00</p>		
<b>3</b>	<b>4</b>	<b>5</b>
<b>08:00 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge Monday</b> 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Meadowridge</b> <b>09:30 Gym Trim in the hall</b> 10:30 Teatime: lounges 15:00 Teatime: lounges	<b>08:30 Outing - Stellenberg</b> <b>Feesmark</b> 08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting</b> <b>in all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b>
<b>10</b>	<b>11</b>	<b>12</b>
<b>08:30 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge Monday</b> 15:00 Teatime: lounges <b>15:30 Garden Club Meeting</b>	<b>09:00 Shopping</b> <b>Constantia Village</b> <b>09:30 Gym Trim in the hall</b> 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting</b> <b>in all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges
<b>17</b>	<b>18</b>	<b>19</b>
<b>08:00 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge Monday</b> 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Blue Route</b> <b>09:30 Gym Trim in the hall</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting</b> <b>in all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges
<b>24</b>	<b>25</b>	<b>26</b>
<b>08:00 Outing</b> 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Bridge Monday</b> 15:00 Teatime: lounges	<b>09:00 Shopping</b> <b>Constantia Village</b> <b>09:30 Gym Trim in the hall</b> 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek <b>09:30 Afrikaans diens in the hall</b> 10:00 Teatime: lounges <b>10:30 Series in Lounges</b> <b>11:45 Prayer Meeting</b> <b>in all lounges</b> <b>12:30 Fruit &amp; Veg Lorry</b> 15:00 Teatime: lounges  <b>18:00 YouTube evening</b> <b>in the hall</b>

Thursday	Friday	Saturday	Sunday
		<b>1</b>	<b>2</b>
		10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b>	<b>09:30 Church</b> 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>09:30 Morning Market</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>14:00 Shopping to Blue Route</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> <b>Holy Communion</b> 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 <b>15:00 Series in Lounges</b>	<b>09:30 Church</b> 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>  <b>Dr. Chris Saayman</b> <b>18:00 Woord &amp; Lied</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>09:00 Shopping</b> <b>Constantia Emporium</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges <b>15:00 Bingo in the hall</b>	08:30 Library / Biblioteek <b>09:30 One Hour for Jesus</b> 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 <b>15:00 Series in Lounges</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>09:00 Shopping</b> <b>Meadowridge</b> 10:00 Teatime: lounges <b>10:00 Residents presentation in the hall</b> 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Bingo in the hall</b>	08:30 Library / Biblioteek <b>09:30 One hour for Jesus</b> 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 <b>15:00 Series in Lounges</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>  <b>Dr. Chris Saayman</b> <b>18:00 Woord &amp; Lied</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>09:00 Shopping</b> <b>Constantia Emporium</b> <b>09:00 Bp clinic in Clinic Room</b> <b>09:30 Gym trim in the hall</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>18:00 Lotto draw in the hall</b>	08:30 Library / Biblioteek <b>09:30 Praise &amp; Testimony</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>18:00 Bring &amp; Braai</b>	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Series in Lounges</b>	<b>09:30 Church</b> 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges <b>15:00 Movie in Lounges</b>

- **Ask yourself:** "When do I feel most content?" or "What makes me anxious here?"

## 2. Self-regulation: Managing emotions calmly

- **Breathing or grounding exercises:** Before reacting, take three deep breaths or describe 3 things you see/hear/feel.
- **Pause practice:** In conversation, practice pausing before responding when upset.
- **Calming routines:** Listening to music, knitting, praying, or short walks — all teach emotional balance.
- **Group exercise:** "What helps you calm down?" Residents share personal strategies, then try each other's methods.

## 3. Empathy: Understanding others' feelings

- **Active listening circles:** Take turns sharing a story from the week; others practice listening without interrupting.
- **Role reversal:** Imagine what a caregiver or roommate might feel in a certain situation.
- **Gratitude board:** Write or say one kind thing about someone in the home each week.
- **Residents:** Observe others' facial expressions and tone — empathy often begins with attention.

## 4. Social Skills: Building positive relationships

- **"Conversation cards":** Use question prompts like "What's one thing that made you laugh recently?"
- **Conflict role-play:** Practice handling disagreements calmly — e.g., "How could we share the TV time?"
- **Team activities:** Puzzles, choir, or gardening encourage cooperation and shared joy.
- **Residents:** Encourage "small kindnesses" — greeting others, complimenting, or offering help.

## 5. Motivation: Staying Positive and Purposeful

- **Goal setting:** Even small goals ("I'll write a letter this week") build self-worth.
- **Memory sharing:** Talk about times they overcame challenges — this strengthens confidence.
- **"Joy journal":** Write down one thing each day that brought happiness or gratitude.
- **Residents:** Link motivation to *legacy*: "What wisdom do I want to pass on?"



**Prepared by Johan Laten, Reboot Your Resilience**

[www.rebootyourresilience.co.za](http://www.rebootyourresilience.co.za)



## World Diabetes Day (14 November)

Diabetes can impact people across all life stages, including childhood, the reproductive years, working age and older adulthood.

The theme of this year's WHO World Diabetes Day, "Diabetes across life stages," recognizes that every person living with diabetes should have access to integrated care, supportive environments and policies that promote health, dignity and self-management. This campaign emphasizes the importance of a life-course approach to diabetes prevention, management and overall well-being.

Our key messages include:

1. Diabetes can affect people at every stage of life.
2. From childhood to older age, diabetes prevention and care efforts must be integrated across life stages; and
3. Supporting well-being and self-care empowers people with diabetes at every age.

World Diabetes Day provides an opportunity to raise awareness about diabetes as a critical global public health issue. Join us in raising awareness, spreading knowledge and creating lasting change for all affected by diabetes.

<https://www.who.int/campaigns/world-diabetes-day/2025>

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## Myths vs. Facts About Diabetes

### **Myth 1: Eating too much sugar causes diabetes.**

- **Fact:** Eating sugar doesn't *directly* cause diabetes. Type 1 diabetes is an autoimmune condition, while Type 2 diabetes is linked to genetics and lifestyle factors like being overweight and inactive. However, a diet high in sugar can lead to weight gain, which increases the risk of Type 2 diabetes.

### **Myth 2: People with diabetes can't eat sweets or carbs.**

- **Fact:** People with diabetes can enjoy sweets and carbohydrates in moderation. The key is to manage portion sizes, monitor blood sugar levels, and balance carbs with proteins, fiber, and healthy fats.

### **Myth 3: Only overweight people get Type 2 diabetes.**

- **Fact:** Being overweight is a risk factor, but many people with Type 2 diabetes are of normal weight or only slightly overweight. Genetics, age, ethnicity, and lifestyle also play major roles.

### **Myth 4: Type 1 and Type 2 diabetes are the same.**

- **Fact:** They're different:
  - **Type 1** is an autoimmune disease where the body attacks insulin-producing cells.
  - **Type 2** is more related to insulin resistance and lifestyle factors. Both require different management strategies.

### **Myth 5: Insulin cures diabetes.**

- **Fact:** Insulin is a treatment, not a cure. It helps manage blood glucose levels but does not address the root cause or reverse the disease.

### **Myth 6: You can "catch" diabetes from someone else.**

- **Fact:** Diabetes is not contagious. It's not caused by a virus or bacteria and cannot be transmitted through contact.

### **Myth 7: Only adults get Type 2 diabetes.**

- **Fact:** Type 2 diabetes is increasingly being diagnosed in children and teenagers due to rising obesity rates and sedentary lifestyles.

### **Myth 8: People with diabetes shouldn't exercise.**

- **Fact:** Regular exercise helps control blood sugar levels, improves insulin sensitivity, and supports overall health. People with diabetes are *encouraged* to stay active—with proper precautions.

### **Myth 9: If you don't take insulin, your diabetes isn't serious.**

- **Fact:** All types of diabetes are serious. Even if someone isn't on insulin, they still need to monitor their blood sugar and manage their condition carefully.

### **Myth 10: Natural remedies or special diets can cure diabetes.**

- **Fact:** There is no cure for diabetes. Some lifestyle changes can put **Type 2** diabetes into remission, but claims of "cures" from herbs, supplements, or extreme diets are often unproven and misleading.

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Preventing diabetes—especially type 2 diabetes—involves making lifestyle choices that support healthy blood sugar levels and overall metabolic health. Here's a practical breakdown of what you can do:



#### **1. Eat a Healthy Diet**

Focus on foods that stabilize blood sugar and improve insulin sensitivity:

- **High-fiber foods:** Vegetables, fruits (whole, not juices), legumes, and whole grains.
- **Lean proteins:** Fish, chicken, tofu, legumes.
- **Healthy fats:** Nuts, seeds, olive oil, avocado.
- **Limit refined carbs and sugars:** White bread, pastries, soda, sugary snacks.



*Tip:* The **Mediterranean diet** or **DASH diet** are good templates.



#### **2. Stay Physically Active**

Exercise helps your body use insulin more efficiently.

- Aim for at least **150 minutes/week** of moderate aerobic activity (like brisk walking, cycling, swimming).
- Include **resistance training** 2–3 times/week (e.g., weightlifting, yoga).



*Tip:* Even short walks after meals can help control blood sugar.



#### **3. Maintain Healthy Weight**

If you're overweight, losing just **5–7%** of your body weight can significantly reduce your risk.

- Weight loss improves insulin sensitivity and reduces inflammation.



#### **4. Avoid Tobacco Use**

Smoking increases the risk of insulin resistance and type 2 diabetes.



#### **5. Limit Alcohol**

Too much alcohol can cause blood sugar-swings.

- Moderate consumption: up to 1 drink/day for women, 2 for men—if at all.

## 6. Get Enough Sleep

Poor sleep is linked to insulin resistance and weight gain.

- Aim for **7–9 hours per night**.
- Address sleep apnea or insomnia if present.

## 7. Monitor Your Health

If you're at higher risk (family history, overweight, sedentary):

- Get **blood sugar tests** regularly.
- Consider getting your **A1C, fasting glucose, or oral glucose tolerance test** done.

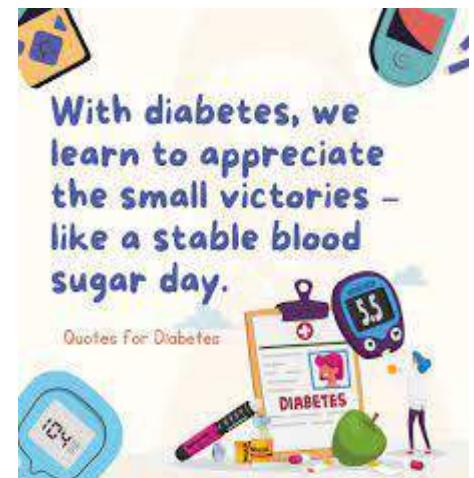
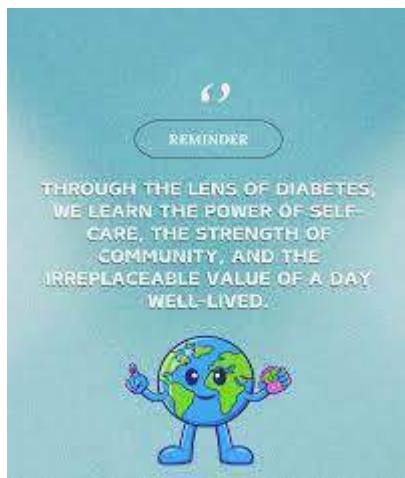
## 8. Know Your Risk

You're at higher risk if you:

- Have a family history of diabetes
- Are over age 45
- Are overweight or obese
- Have had gestational diabetes
- Are part of certain ethnic groups (e.g., African American, Hispanic, Native American, South Asian)

## Final Thoughts

Type 2 diabetes is highly preventable—especially with early action. Small changes in daily habits can add up to big health benefits.



**“Your present circumstances don’t determine where you can go; they merely determine where you start.” Nido Qubein**

**“You are allowed to be both a masterpiece and a work in progress simultaneously.” Sophia Bush**



### **Mrs Joan Kendrick**

**Sunrise 19/07/1929 - Sunset 2/10/2025**

With heavy hearts, we bid farewell to Joan Kendrick, a remarkable woman who left an indelible mark on those fortunate enough to know her. Joan passed away on the 2<sup>nd</sup> of October 2025, but her warmth, laughter, and vibrant spirit will forever live on in my memory. To me, Joan was more than just a resident, she was a mother, a confidante, and a beacon of love. This tribute celebrates the profound bond we shared and the countless moments that made her so special. Joan and I shared a connection that transcended words. She

called me her daughter, and I was honoured to call her my mother. Our time together was woven into the fabric of everyday life, yet it was anything but ordinary. I accompanied her to doctor's appointments, where her strength and grace shone through even in challenging moments. Those car rides and waiting rooms became sacred spaces for our conversations, filled with stories, laughter, and love. Every Monday through Friday, Joan's visits were as reliable as the sunrise. After breakfast and lunch, she'd stop by, her presence bringing comfort and joy. On weekends, when physical distance kept us apart, we'd connect through video calls, her radiant smile lighting up the screen. Those moments were treasures simple yet profound, a testament to the depth of our bond. One of Joan's greatest gifts was her storytelling. She loved to recount the day she gave birth to her son, Colin, her voice brimming with joy and laughter. I can still hear her vivid descriptions how her dad's face lit up with pride, how the room filled with celebration. Each retelling was alive with her infectious chuckle, as if she were experiencing the moment anew. Those stories weren't just memories; they were a window into Joan's heart, revealing her deep love for her family and her ability to find joy in life's milestones. Her dress code was nothing short of spectacular she dressed beautifully, each outfit reflecting her vibrant personality and elegance.

Joan Kendrick was a gifted woman whose laughter, love, and elegance touched lives in ways words can scarcely capture. As I reflect on our time together, I am overwhelmed with gratitude for the moments we shared, from doctor's visits to daily chats, to Grand West for entertainment, shared meals, from her stories of Colin and her daughters to her radiant presence on our weekend calls. Joan, you will always be my mother, my guide, and my inspiration. Your laughter echoes in my heart, and



your love will forever shape my life. Rest in peace, dear Joan, knowing you were cherished beyond measure.

**(Submitted by Rhodene Koense)**



### **Mrs. Jenny Cooper**

**Sunrise 19/10/1938 - Sunset 03/10/2025**

We lost a radiant soul whose presence brightened every corner of our PlumRus community. Mrs. Cooper was more than a familiar face, she was a beacon of joy, resilience, and unwavering faith, the coffee shop she cherished, and the hearts of all who knew her. Mrs. Cooper was a "happy-chappy" personality, always smiling as she passed by while going for her daily walks. She moved with a youthful bounce that belied her years, refusing to walk with any aid because in her mind she was too young for that. Those strolls were her quiet declaration of independence, a daily ritual that inspired everyone who saw her stride confidently along the paths. She spent most of her days in the coffee shop, enjoying her cup of coffee and chatting to the other residents. It was there, amid the aroma of fresh brews and the hum of friendly conversation, that her warmth truly shone. Mrs. Cooper had a gift for making strangers feel like old friends, sharing stories and laughter that turned ordinary moments into cherished memories.

A great believer, she always attended every service at Plumrus, arriving with a devout heart and a smile that reflected her deep faith. Her commitment to spiritual gatherings was a cornerstone of her life, offering solace and strength to those around her. Mrs. Cooper also enjoyed her reading, often lost in the pages of a good book that transported her to a new world. Twice a week, on Tuesdays and Thursdays, she loved going to gym trim, where her enthusiasm for staying active was infectious, proving that vitality knows no age. Mrs. Cooper will be missed by all the staff and management, and indeed by every soul she touched. Her legacy of smiles, steadfast spirit, and simple joys reminds us to live fully, love deeply, and walk our paths with grace. Though she is gone, her light endures in our memories.

**(Submitted by Lenore Jacobs)**



### **Mrs. Veronica Trollip**

**Sunrise 24/3/1944 - Sunset 08/10/2025**

Mrs. Trollip was a sweet and kind lady. She was in the Salvation Army, was precise, very neat and tidy. She loved sewing and reading. She was active and loved having conversations with the other Residents and staff. She will be sadly missed.

**(Submitted by: EN Debbie Botha)**

## **Mrs. Patricia Ford**

**Sunrise 19/9/1932 - Sunset 03/10/2025**



Mrs. Ford was a lovely lady. She was always cheerful and enjoyed chatting to everybody. Mrs. Ford was a sociable person who used to play a lot of sports, she loved tennis in her younger days and was fond of playing cards. Patricia always talked about her family and how much she loved them, and when she went out with them, she was very happy and shared all the details on her return. We will miss her dearly. RIP Mrs. Ford

*(Submitted by Zone 1 Carers)*



## **Mev. Sarah Lange**

**Sonsopkoms 02/10/1935 – Sonsondergaan  
27/10/2025**

Mev. Lange, daar is so baie om te sê van Mev. Lange, vir die kort tyd wat sy saam met ons was. Sy was 'n Godvresend vrou; altyd gebid en liedere gesing vir die versorgers. Wanneer sy klaar gesing het was haar woorde "God is Faithful". Sy was soos ons eie ouma, die versorgers gaan haar mis. Ons gebed is dat Jesus die familie sal behoed en bewaar en krag gee tydens hierdie moeilike tyd.

**(Ingrediens deur: Zone 2 Versorgers)**



## **Mr. Peter Dowling**

**Sunrise: 05/03/1933 – Sunset: 23/10/2025**

Mr. Dowling was a very independent person, even when he could no longer manage on his own, he would still try and help the carers, he was a passionate reader and enjoyed his regular visits to the library. He would sit in his room and read the whole day and then had much pleasure sharing the story with others.

He has a creative mind and published a book just a few months ago.

You will be missed. RIP and fly high.

**(Zone 5 Carers)**

**Don't watch the clock; do what it does. Keep going. Sam Levenson**



**Our Resident's outings to Boulders were enjoyed by everyone who went.**

**(Photos supplied by: Marie Knuppel)**



**Our monthly Resident's/Family Braai is becoming a "sell out" event. Make sure to place your order in time for our next braai on Friday 28<sup>th</sup> November.**



## **OM DIE TAFEL**

Baie van ons sien uit na die geselskap by middagete, maar gesels ons nou regtig, of eet ons net en kry klaar? How sad to live in community and seldom communicate.

So, at our lunch table we specifically introduced a topic of conversation, and it was fascinating. It was prompted by the observation that some of the careers of past generations gave rise to their surnames: e.g. Potter, Taylor, Baker. We asked ourselves the question "What did my grandparents do for a living, and have I followed suit and have my children and grandchildren followed in anyone's footsteps?

Een by ons tafel het sewe mediese dokters aan haar ma se kant van die familie. 'n Ander een se oupa grootjie was die hawemeester in Knysna in die ou dae. Sy van was Harker. Harkerville, a "suburb" of Knysna, is named after him. His children and grandchildren became teachers.

My Swiss origins include a grandfather who was a small-time farmer, who married the girl next door. To make extra income, he was the guard for the level-crossing in the forest at night. He was the first in the village to take out life insurance. Subsequently, he and three of his children succumbed to the Spanish flu and his wife survived on the insurance pay-out.

Another at our table has German Jewish forbears, who saw the writing on the wall and managed to emigrate to South Africa before the holocaust.

Daar was baie meer stories, maar kom nou, probeer dit self by julle tafel. Dis beter as stilte of skinder! Ask the simple questions: What did your parents do for a living? And your grandparents? And you? And your children? **(Submitted by: Verena Salzwedel)**



**Philip Moolman took us on a trip down memory lane with his selection of songs and memories from a bygone era.**

Die Spoorweg voorman word ontbied na n trein ongeluks toneel. Hy kom daar en sien die ontspoorde trein in die mielieland.

Hy vra die treindrywer wat gebeur het. Die trein drywer wys na die draai in die spoorlyn en sê: "Toe ek om die draai kom sit my skoonma op die spoor!!!"

"Voorman: "Toe draai jy uit?"

Trein drywer: "Nee, toe hardloop sy in die mielieland in!!!!"

'n Vrou parkeer haar splinternuwe Renault Scenic en 'n lastige karwag is onmiddellik by.

"Ek sal mooi kyk na die mouterjie, mevrou."

"Dis nie 'n moutertjie nie, dis 'n Renault!" antwoord sy ge-irriteerd.

"Dis reg, mevrou, ek sal mooi kyk na die Renault mouterjie."

Erg ge-irriteerd snou sy hom toe: "Dis nie 'n Renault moutertjie nie, dis 'n Renault Scenic!"

Hy kyk haar erg verbaas aan: "O, en dan het die bliksempie nog 'n van ook!"

A sign in a shoe repair store, "We will heel you, We will save your sole, We will even dye for you!"

At an Eye Clinic: "If you don't see what you're looking for, You've come to the right place."

On a Plumber's truck: "We repair what your husband fixed";

In a Restaurant window: "Don't stand there and be hungry; come on in and get fed up."

In the front yard of a Funeral Home: "Drive carefully. We'll wait."

Sign on the back of Septic Tank Truck: "Caution - This Truck is full of Political Promises"

Koos kom uit die kroeg gestrompel, net soos die dominee verby ry.

Die dominee stop en draai sy venster af: "Koos, ek is baie teleurgesteld om jou uit dié plek te sien kom."

Koos het die dominee so gekyk, die kroegdeur oopgedruk en toe sê hy: "Dominee ish reg. Ek gaan nou terug!"



n Man en sy vrou eet by 'n larney restaurant toe 'n flippen mooi chick instap.

Die man staan op en soen haar, sy knipoog vir hom en sê dat sy hom so bietjie later sal sien. "Wie de hel is dit?!", wil sy vrou weet.

"Dis my skelmpie", antwoord die man.

"Ek soek 'n egskeiding!", sê sy vrou.

"Dis fine", sê die man "maar onthou dat jy gaan uitslae op al daai trippies Frankryk toe, duur jewelery en daai Beamer wat jy ry want sy is die een wat nog altyd vir als betaal."

Die volgende oomblik stap een van hulle vriende by die restaurant in met 'n vreemde jong bokkie aan sy arm.

"Wie is dit?" wil die vrou weet. "Dis Piet se skelmpie."

Die vrou dink so bietjie en antwoord toe: "Ons s'n is baie mooier."

## PARACHUTE CLUB

Yesterday my daughter e-mailed me AGAIN, asking why I didn't do something useful with my time.

"Like sitting around the pool and drinking wine is not a good thing?" I asked.

Talking about my "doing-something-useful" seems to be her favorite topic of conversation.

I did this and when I got home last night, I decided to play a prank on her. I e-mailed her and told her that I had joined a Parachute Club.

She replied, "Are you nuts? You are 86-years-old and now you're going to start jumping out of airplanes?"

I told her that I even got a Membership Card and e-mailed a copy to her.

She immediately telephoned me and yelled, "Good grief, Dad, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club."

"Oh man, I'm in trouble again," I said. "I really don't know what to do. I signed up for five jumps a week!!"

The line went dead.

Life as a Senior Citizen is not getting any easier, but sometimes it can be fun.

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LCNKLOFPTTORZWGLPNQNDS  
THWRNGMCYJQKNNPOATMMS  
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WJHRDZWIMYCVWRAILWAYS

ABRAHAM DARBY  
AGRICULTURE  
CANALS  
CAST IRON  
COAL  
CONCRETE  
ECONOMICS  
FACTORIES

FLYING SHUTTLE  
HUMPHRY DAVY  
IRONWORKS  
JOHN KAY  
LATHE  
RAILWAYS  
SAFETY LAMP  
SEED DRILL

SEWING MACHINE  
SHUTTLES  
STEAM ENGINE  
STEAMSHIPS  
STEEL  
TELFORD  
WEAVING  
WOOL