

PlumRus NEWS NUUS

July Issue • Julie Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program July

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
1ste Oggenddiens	3 rd One Hour for Jesus	5 th Morning Service	
8ste Oggenddiens	10 th One Hour for Jesus	12 th Morning Service	12de Aanddiens
15de Oggenddiens	17 th One Hour for Jesus	19 th Morning Service	
22ste Oggenddiens	24 th One Hour for Jesus	26 th Morning Service	26ste Aanddiens
29ste Oggenddiens	31 st One Hour for Jesus		

THE KING IS ENTHRALLED BY YOUR BEAUTY

Most women would be thrilled to hear someone describe them as '*lovely in form and feature*'. Well, that's how a young Jewish lady called Ester is described in the Bible. One day, Vashti queen of Persia upset her husband king Xerxes. In a fit of rage, he decided to get rid of her and find himself another queen. His noblemen scoured the kingdom to find the most beautiful women in the land and bring them to the king. A beauty pageant was arranged where Ester was chosen the most beautiful of all and became the next queen. As the most powerful king in the world at that time, Xerxes felt his bride needed to fit the bill. Ester did just that – she was stunningly beautiful...*lovely in form and feature*.

The Bible tells us of another king, one infinitely greater and more powerful than Xerxes. Finding a suitable bride for this king - the King of Kings the Lord Jesus Christ, was a very different story. Jesus told a parable about a man who threw a great dinner party and invited many to attend (Luke 14:16-24). When it was time for dinner, he sent his servant to the invited guests saying, 'Come on in, the foods on the table!' One after another they made excuses saying they were unable to attend. Outraged, the host sent his servant into city streets and alleyways to invite all the misfits and homeless and wretched people he could find and bring them to the dinner. This story Jesus told points to a future event – the Marriage Supper of the Lamb. This will be the greatest celebration ever, the heavenly marriage of Jesus Christ and his bride the church!

In the years following Jesus' death, resurrection and ascension into heaven, the Holy Spirit sent the gospel to the ends of the earth. In the highways and byways of every tribe and language and people and nation, faithful men and women proclaimed the good news of salvation through faith in Jesus. The Holy Spirit called out a people – men and women, young and old, rich and poor, to receive and believe in Jesus. In doing so would become part of His heavenly Bride. These people have one thing in common. Unlike Ester who was '*lovely in form and feature*', they've been disfigured and marred by sin – the poor, the blind, the lame, the people Jesus spoke of in His parable. Their response was just the beginning. Once these called-out ones had been saved from sin and made alive in Jesus, the Holy Spirit set about transforming them into members of the spectacularly beautiful Bride of Christ.

At the end of the age when Jesus returns to wrap up the victory He won at the Cross and marry His heavenly Bride, He'll be absolutely enthralled by her beauty (Psalm 45:11) But how does this happen? How are sin-damaged people like us transformed into a beautiful 'Bride', a bride worthy of the Lord Jesus Christ? It's only possible through life-changing power of God's Word and the work of the Holy Spirit. This is a

lifelong process in which those who believe in Jesus slowly become more and more like Him. This truly amazing transformation is a consequence of God's undeserved favour and kindness towards us because of Jesus' sacrificial death on the cross.

There is a moving description of God's grace in the Old Testament prophecy of Ezekiel that helps us understand how God brings about this transformation. In chapter 16, God describes how He found Israel: *'You were thrown out on a vacant lot and left there, dirty and unwashed – a newborn child nobody wanted...all miserable and bloody...lying there helpless and filthy'*. Despite this, God rescued her and cared for her. And when she was old enough for love He married her and she became His. Then God graciously clothed her in costly embroidered garments, put leather sandals on her feet, and adorned her with jewellery. Because of God's abundant kindness, Israel became very beautiful and rose to become a queen. In verse 14 God says: *'...the beauty I have given you has made you beauty perfect.'* In this fascinating story, God reveals the 'secret' of Israel's transformation into a beautiful queen. Initially, there was nothing at all attractive about her. In God's eyes, Israel was unwashed and miserable. Yet, He knew what she could become and set His heart on marrying her. Then, little by little, He imparted His own beauty to her, until she became beautiful with His beauty.

This is exactly how God transforms our sin disfigured lives when we put our trust in Jesus as our Lord and Saviour. Step by step His Word and Spirit transform us, making us more and more like Jesus, and we become beautiful with His beauty. This process will only be complete when we pass from this earthly life into His glorious presence and become like him! (1 John 3:2). This imparted beauty isn't an external thing; it's an inner glory that radiates the beauty of Jesus through our unique and perfectly transformed lives. Psalm 45 is a Messianic wedding song set in the context of the Marriage Supper of the Lamb. In vs 11 of the Psalm, when Jesus the King of Kings looks at His Bride – all those who've come to faith in Him – He'll be *'enthralled by their beauty'*. He'll be smitten by what His Bride has become. Radiant with His own glory, she's become a worthy Bride for the King of heaven. Amid the rejoicing in heaven, Jesus and His bride will 'marry' and enter into an eternal union.



Perhaps you've already heard and responded to the gospel invitation to believe in Jesus as your Lord and Saviour and are looking forward to the Marriage Supper of the Lamb. That's wonderful! Or perhaps, you've heard the invitation, but you've kept on making excuses not to accept it. If you're one of these people, I'd urge you to re-consider. Ignoring an invitation like this will be a tragedy. Apart from missing out on an eternal union with Jesus, you'll end up spending eternity away from His precious presence. Something too terrible to contemplate.

The Gospel invitation is coming afresh to you today. Humble yourself, place your trust in Jesus and allow Him to begin transforming you...making you beautiful with His own beauty. Then you too will be included in the Bride being prepared for Him. And at the coming Marriage supper of the Lamb, you'll have the immense privilege of entering into an eternal union with Jesus – the heavenly King!

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

God is able

Have you ever said, "I wish I could do that"? Perhaps you would like to be able to play the piano or arrange flowers or something. You are saying that you wish you had the ability and skill and know-how to do that thing.

But when the Bible says that God is able to do something, it is not just saying that He has the ability to do it – although of course He does, it is saying much more than that. The Greek actually means that God has the power to do it. Those words say far more than just that He has the ability to do it. Let me explain why.

The Greek word for power is "dunamis" – from which we get our English word dynamite. God is the possessor of all dunamis. A supreme example of this dunamis would be "the immeasurable greatness of His power ...when He raised Christ from the dead" (Ephesians 1:19-20).

Because God is the possessor of all dunamis He is empowered with the ability to do absolutely anything that He wishes or wills or plans to do. So, when we say "God is able" we are actually saying "God has the dunamis", "God has the power".

So here are some verses from the New Testament which tell us that God has the power to do a number of different things. I will write each of them with my own translation of the phrase "God is able".

- Romans 14:4 The Lord has the power to make him stand
- 2 Corinthians 9:8 God has the power to make all grace abound toward you, so that having all sufficiency in all things at all times, you may abound in every good work
- Ephesians 3:20 God has the power to do exceedingly abundantly above all that we ask or think
- Philippians 3:21 God has the power to subdue all things to Himself
- 2 Timothy 1:12 God has the power to guard until that Day what I have entrusted to Him
- Hebrews 2:18 God has the power to help those who are being tempted
- Hebrews 7:25 Christ has the power to save to the uttermost those who draw near to God through Him
- Jude 24 God has the power to keep you from falling and present you faultless before the presence of His glory

It is wonderful that there are so many verses in the New Testament that tell us about all the different things that God has the power to do for us and in us. I pray that at least one of these verses (if not all of them) will be an encouragement to you. They certainly are to me.

(Submitted by: Michelle Naude)



Nothing better than family worshipping Christ – our foundation

During June we celebrated our One Hour for Jesus with a special “coming together” of our Badisa family. Sjean, who is a social worker at Badisa Trio, came to share details of the children’s ministry with our Residents. She was accompanied by Kuumba – the program’s mascot, who joined us in our praise and worship. Staff reminded all that we have a part to play in healing our world. They sang the song Heal the World and danced to Jy is spesiaal – the Kuumba song.

Sjean shared some thoughts from Isaiah 46 verse 4

"Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you." (Isaiah 46:4, NIV)





Happy Birthday to our Residents

<i>Birthday</i>	<i>Name</i>	<i>Flat/Room</i>	<i>Age</i>
<i>1st</i>	<i>Joy Young</i>	<i>F015</i>	<i>89</i>
<i>3rd</i>	<i>Pamela Taylor</i>	<i>R22</i>	<i>90</i>
<i>5th</i>	<i>Elsa Punt</i>	<i>N011</i>	<i>78</i>
<i>6th</i>	<i>Olga Leak</i>	<i>R49</i>	<i>79</i>
<i>6th</i>	<i>Valerie Stuart-Findlay</i>	<i>R20B</i>	<i>88</i>
<i>7th</i>	<i>Bebe Muller</i>	<i>R31</i>	<i>95</i>
<i>12th</i>	<i>Julia Archer</i>	<i>MU201</i>	<i>81</i>
<i>16th</i>	<i>Fay Carswell</i>	<i>R37</i>	<i>93</i>
<i>18th</i>	<i>Cecelia Mocke</i>	<i>R54</i>	<i>87</i>
<i>18th</i>	<i>Rosemary Walters</i>	<i>H002</i>	<i>89</i>
<i>19th</i>	<i>Maragret Magowan</i>	<i>MU102</i>	<i>87</i>
<i>20th</i>	<i>Maria Boshoff</i>	<i>R42A</i>	<i>96</i>
<i>20th</i>	<i>Jan Karpierz</i>	<i>R21</i>	<i>93</i>
<i>20th</i>	<i>Erich Kohn</i>	<i>R66</i>	<i>80</i>
<i>22nd</i>	<i>Barbara Meissenheimer</i>	<i>N109</i>	<i>88</i>
<i>25th</i>	<i>Paulette Brand</i>	<i>N104</i>	<i>79</i>
<i>25th</i>	<i>Mavis Buchanan</i>	<i>R27A</i>	<i>86</i>
<i>27th</i>	<i>Lenore Downey</i>	<i>N006</i>	<i>83</i>
<i>29th</i>	<i>Joyce Ten Velden</i>	<i>N206</i>	<i>84</i>
<i>29th</i>	<i>James Cameron</i>	<i>R74</i>	<i>75</i>
<i>31st</i>	<i>Gillian Organ</i>	<i>MU101</i>	<i>94</i>



"Oh! May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope!"

Romans 15 verse 13 (The Message)



Happy Birthday to our Clients/Members

Birthday	Name	Birthday	Name
5 th	Sophia Jenkins	6 th	Elizabeth Williams
9 th	Clara Ferus	10 th	Charles Jacobs
18 th	Anthony van Riet	22 nd	Vivien Wilson
23 rd	Angeline Joseph	28 th	Isaac Gollioth
29 th	Lucille Crouster	30 th	Sidney van Reenen



Birthday blessings to our Staff

<i>Birthday</i>	<i>Name</i>	<i>Department</i>
<i>1st</i>	<i>Lamees Lewin</i>	<i>Riskman</i>
<i>1st</i>	<i>Bonita Appels</i>	<i>Health Care</i>
<i>1st</i>	<i>Brandon Philander</i>	<i>CCL</i>
<i>4th</i>	<i>Pauline Lawens</i>	<i>Health Care</i>
<i>12th</i>	<i>Kim Williams</i>	<i>PCS</i>
<i>21st</i>	<i>Dornay Rector</i>	<i>CCL</i>
<i>22nd</i>	<i>Marsha Neal</i>	<i>PCS</i>
<i>25th</i>	<i>Gladys Gordon</i>	<i>CCL</i>
<i>28th</i>	<i>Heidi Phillips</i>	<i>Health Care</i>
<i>31st</i>	<i>Rose-Ann Presence</i>	<i>CCL</i>



Vier Gebede by Jaargetye in die Boland - Winter

Nou lê die aarde nagtelang en week
in die donker stil genade van die reën,
en skemer huise en take daeliks bleek.
deur die wit mistigheid en suising heen.

Dis alles ryk en rustig van die swaar
geheime wisdom wat sy paaie vind
deur warm aarde na elke skeut en blaar,
en ver en naby alles duister bind
in vog en vrugbaarheid en groot verlange;
tot ons 'n helder middag skielik sien
die gras blink, en die jong graan teen die hange,
en weet dat alle rus die lewe dien:
hoe kon ek dink dat somer ryker is
as hierdie groei se stil geheimenis?



(N.P. van Wyk Louw)

(Ingedien deur: Leonie Pauw)



Anelle — congratulations on earning your BCompt degree! This achievement is the result of your hard work, dedication, and countless hours of focus and sacrifice. I'm so proud of everything you've accomplished and the person you've become through this journey. Celebrate this milestone and take time to reflect on how far you've come — you've earned it. I'm excited to see where your talents and determination take you next, and I know wonderful opportunities await. Congratulations again — here's to new beginnings, big dreams, and all the success you deserve!



From Swellendam to the World – Congratulations, Noelwene! 🎓 ✨

At PlumRus, we have always believed that every person has unique gifts waiting to be discovered. Sometimes our role is to nurture those gifts... and sometimes it is to lovingly let them spread their wings. Today we proudly celebrate our former colleague, Noelwene Johnston, whose remarkable journey is an inspiration to us all.

From her humble beginnings in the beautiful town of Swellendam, Noelwene embraced every opportunity that came her way. Arriving in Cape Town and becoming part of the PlumRus family, she worked with commitment, humility and a willingness to learn. It quickly became evident that her passion and talent extended far beyond our walls. While saying goodbye to a valued colleague was not easy, we knew that to truly support Noelwene's dreams, we had to let her pursue them. As the saying goes, *if you love something, set it free*. Today, that decision has been rewarded in the most extraordinary way.

We congratulate Noelwene on successfully completing her studies at **École Ducasse**, one of the world's most prestigious culinary institutions, and especially on the outstanding achievement of receiving the **Managing Executive's Award**—a testament to her exceptional talent, dedication and pursuit of excellence.



Noelwene, your journey reminds us that great achievements are not determined by where you begin, but by your courage to pursue your calling, your willingness to work hard, and your determination to never stop learning.

Your PlumRus family couldn't be prouder.

The world truly is your oyster... or perhaps, more fittingly, your kitchen! We have no doubt that your creativity, passion and perseverance will continue to open doors and inspire everyone whose lives you touch. Congratulations on this incredible milestone. May this be only the first of many awards and achievements that await you.

Once PlumRus, always PlumRus. We celebrate you, Noelwene! 🌞 🍷 ❤️

It's Never Too Late to Become More Than You Are

Both Anelle and Noelwene's journeys, however different, reminds us of a powerful truth: **our circumstances do not determine our future—our willingness to learn, grow and persevere does.**

To our **staff**: Never stop investing in yourself. Every new skill you learn, every challenge you embrace and every opportunity you pursue can change the direction of your life. Your current position is not your final destination. Growth begins the moment you believe you are capable of more.

To our **residents**: Your greatest achievements are not only found in your past. Every new friendship, every hobby you try, every book you read, every puzzle you solve, every lesson you learn and every smile you share is proof that life continues to offer opportunities for growth. Dreams do not have an expiry date, and neither does the human spirit.

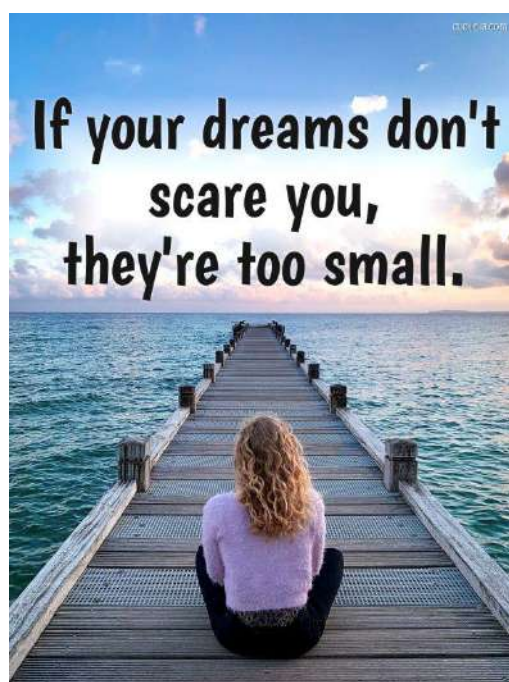
The beauty of life is that we are all lifelong learners. Whether we are 18 or 98, there is always something new to discover, someone to inspire, and another chapter waiting to be written.

As the famous words of **C.S. Lewis** remind us:

"You are never too old to set another goal or to dream a new dream."

May Anelle and Noelwene's success inspire every member of the PlumRus family to ask, **"What is my next dream?"** Whether it is learning a new skill, strengthening your faith, improving your health, serving others, or pursuing a long-held ambition, remember that the first step is simply believing that it is possible.

At PlumRus, we believe that growth has no age limit, dreams have no expiry date, and every new day is another opportunity to become the person God created you to be.





Keeping Our Notice Boards Informative, Respectful & Up to Date

At PlumRus, effective communication helps us build a safe, informed and connected community. Our notice boards are one of our most important communication tools, ensuring that residents, families, staff and visitors have access to accurate, relevant and timely information.

To maintain the integrity of this communication space, **all notice boards are managed exclusively by the Communication & Marketing Department.** No notices, posters, advertisements, invitations or personal messages may be displayed without the **prior approval of Management.**

We kindly ask everyone to help us keep our notice boards organised, professional and meaningful by remembering the following:

- **✦ Obtain approval first.** All notices must be submitted to Management or the Communication & Marketing Department before being displayed.
- **✦ Keep information relevant.** Notices should be of value to the PlumRus community and align with our values and policies.
- **✦ Respect the space.** Please do not remove, relocate or cover existing notices.
- **✦ Accuracy matters.** Approved notices will be checked to ensure information is correct and current.
- **✦ Timely updates.** Expired notices will be removed regularly to keep the boards neat and easy to read.
- **✦ Protect privacy.** Personal information, photographs or contact details may only be displayed with the necessary permission.
- **✦ One trusted source.** Using our official communication channels helps prevent misinformation and ensures everyone receives consistent messages.

Our notice boards are more than just display spaces—they are a reflection of our community. By working together, we can ensure they remain informative, welcoming and beneficial to everyone.

Thank you for helping us communicate with care, respect and excellence.

MONTHLY / MAAND PROGRAM

Monday	Tuesday	Wednesday
9th & 29th - Thursday Gym trim in the hall @ 09:30 13th of July - Garden club meeting in the hall @ 15:30 7th July - Musical afternoon by Marlene Carr in the hall @15:00 22nd July - AVBOB Residents Talk in the hall @ 15:00 23rd July - Constantia Reddam Trivia Quiz in the hall from 09:30 - 11:30 23rd July - Lotto draw in the hall @ 18:00 30th July - Soup, Sherry & Slippers Sing-along evening		1 08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
6	7	8
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 15:00: Musical afternoon in the hall by Marlene Carr	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
13	14	15
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:30 Garden club meeting in the hall	09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
20	21	22
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 AVBOB Residents Talk in the hall
27	28	29
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo

Thursday	Friday	Saturday	Sunday
2	3	4	5
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Meadowridge	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion service 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 14:30 Eco-bricks filling in Plumrus North 15:00 Table Tennis in PlumRus North	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
9	10	11	12
09:00 Shopping Blue Route 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 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 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in PlumRus North 15:00 Table Tennis in PlumRus North 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
23	24	25	26
09:00 Shopping Constantia Village 09:30 Constantia Reddam visit in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Lotto draw in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 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 18:00 Woord & Lied Dr. Chris Saayman
30	31		
09:00 Shopping Meadowridge 09:00 BP Clinic in Clinic Room 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Soup, Sherry & Slippers Sing a long evening in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in PlumRus North 18:00 Bring & Braai in the hall		



A Gentle Reminder: Slow Down, Show You Care

At PlumRus, our residents are at the heart of everything we do. Many of them move around our beautiful campus using walking sticks, walkers, wheelchairs and other mobility aids. For them, every step requires care and confidence.

We kindly ask **all residents, staff, visitors and service providers** to be mindful when driving on our

premises. Please **reduce your speed**, remain alert at all times, and give pedestrians the right of way.

A few extra seconds of patience can make a lifetime of difference.

Together, let's create a community where everyone feels safe, respected and valued. Your consideration helps ensure that our residents can continue to enjoy their independence with dignity and peace of mind.

Please remember:

- 🚗 Drive slowly and obey the speed limit.
- 🚶 Always give way to pedestrians.
- ♿ Be especially alert near residents using walkers, wheelchairs or mobility aids.
- ❤️ Kindness and patience are part of the PlumRus way.

Safety begins with each one of us. Let's slow down and look out for one another.



Do you have a special celebration coming up soon? Contact Craig at our Coffee Shop on Ext 1035, and he will be happy to create a special menu for you that will have your guests talking and licking their lips, long after the last crumb has been eaten.

"At a table full of friends, calories don't count and stories never end."



Mrs. Patricia Young

Lodge – A5

Patricia Young was born and raised in Woodstock, Cape Town. She attended Woodstock Primary School and Observatory High School.

Patricia has a son, Dominic, and a daughter, Debbie, both of whom live in Cape Town.

She worked as an insurance accounts clerk before retiring. Mrs. Young enjoys knitting, reading, watching television, and going for walks.

Ms. Marjorie Ruth Hendriks

Health Care

Zone 5 - Room 70

Ruth, her preferred name, was born in Cape Town and grew up in the Hopefield district. She attended primary school on a farm in Hopefield and later completed her schooling at Rustenburg Girls' High School. She worked as a private secretary.

Ruth has a brother, John Melck, who resides in Langebaan. She enjoys knitting, listening to jazz and classical music. Her favourite movie is Pretty Woman.



**“Stay young at heart, kind in spirit,
and enjoy Retirement living.”**

Family + Care Team = The Best Care Partnership

When a loved one moves into a retirement community, one of the greatest concerns families have been, "Are we doing the right thing?"

The answer is simple: **your role has not ended—it has evolved.**

At PlumRus, we believe that the best quality of life is achieved when families and our care team, work hand in hand. We may provide professional care, but no one can replace the love, history and unique bond that only family can offer. Together, we all share the same goal: helping every resident live with dignity, purpose and joy.

How Families Can Partner with the Care Team

- **Share the Story Behind the Person**

Tell us about your loved one's interests, career, hobbies, favourite music, routines and life experiences. These personal details help us care for the whole person, not just their physical needs.

- **Communicate Openly**

If you notice changes, have concerns or simply want to share something important, please speak to us. Likewise, we will keep you informed so that decisions are made together.

- **Trust the Partnership**

Our team is committed to providing compassionate, professional care every day. Building mutual trust allows us to work together in your loved one's best interests.

- **Remain Present**

Your visits, phone calls and family celebrations continue to have enormous value. While we assist with daily care, only family can provide the comfort of lifelong relationships and shared memories.



- **Celebrate Together**

Whether it's a birthday, special achievement or family tradition, involve us. We love helping create meaningful moments that make our residents feel truly at home.

- **Support Independence**

Encourage your loved one to participate in activities, build friendships and make choices for themselves. Independence, where possible, nurtures confidence and wellbeing.

The care team may assist with medications, meals, healthcare and daily support, but love, belonging and identity are nurtured through family connections. When families and staff work together with respect, open communication and a shared commitment, residents feel safe, valued and deeply connected.

At PlumRus, we don't replace families—we walk alongside them.

***"Alone we can do so little; together we can do so much."* – Helen Keller**

"What we have once enjoyed, we
can never lose. All that we love
deeply becomes part of us."

— Helen Keller —



Ms. Mary Looock

Sunrise: 15 April 1945

Sunset: 4 June 2026

Today we honour a truly beautiful woman whose smile could brighten anyone's day. She had a special love for nature and found great joy in the beauty of flowers.

Ms. Looock, you leave behind a legacy of care, kindness, and grace that we will always hold close to our hearts. Your memories live on, your voice will never be forgotten, and your words of wisdom continue to guide us. You will be deeply missed but

forever remembered with love and gratitude.

(Summited by Health Care Team)

Mrs. Stella Willard

Sunrise: 29/04/1936

Sunset: 1506/2026

Mrs. Willard was a kind and deeply respected lady. She was always well groomed and made sure that her hairdresser visited her on a weekly basis. Although she was a woman of few words, she freely expressed her appreciation and feelings clearly towards her carers, always making them feel welcome in her home. She was fiercely independent, methodical and precise. She had creative talents that were displayed in the beautiful paintings that adorned her walls. She spent many hours watching different codes of sport on the television and could hold a conversation on many different subjects of interest, non-more important than her family.



As she became frailer, the carers became more involved in her daily care routines.

Mrs. Willard will be remembered for her gentleness, her routines, her love for her family, and the quiet dignity with which she lived her life.

(Submitted by PlumRus Care Services)

ANXIOUS FOR NO REASON?

Have you ever felt anxious, restless, or on edge without knowing why? Many people say, "I woke up anxious," or "The anxiety came out of nowhere." While it may feel as though there is no reason, anxiety almost always has a trigger. The challenge is that we are not always aware of what that trigger is. Anxiety is not a sign that something is wrong with you. It is a built-in survival system designed to keep you safe.

Recent research shows that the brain often reacts to perceived threats rather than actual threats. In other words, what we think might happen can trigger anxiety just as strongly as something that is happening right now.

What can trigger sudden anxiety?

Sometimes the trigger is obvious, such as receiving bad news or facing a difficult decision. Other times, the trigger may be subtle:

- a smell, sound, or place connected to a difficult memory
- ongoing stress that has built up over time
- poor sleep or physical exhaustion
- too much caffeine or stimulants
- health concerns or physical pain
- unresolved worries running in the background of your mind

Anxiety can develop suddenly. Anxiety can affect anyone at any stage of life. A major life change, loss, illness, trauma, or prolonged stress can increase vulnerability. Sometimes anxiety appears suddenly because the body has been carrying stress for weeks or months before symptoms become noticeable.

Five ways to calm anxiety quickly

When anxiety starts rising, try one or more of these evidence-based strategies:

1. Slow your breathing

Take a slow breath in through your nose and a longer breath out through your mouth. This helps signal safety to the nervous system.

2. Ground yourself

Mindfulness: Notice five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. This helps bring your attention back to the present moment.

3. Relax your muscles

Combine deep breathing with progressive muscle relaxation: Take a slow, deep breath in as you tense a muscle group for 5 to 10 seconds, then exhale slowly as you release the tension and relax for 10–20 seconds. Start at your feet and slowly move up towards your head one muscle group at a time, noticing the difference between tension and relaxation while maintaining slow, controlled breathing throughout the exercise.

4. Move your body

Exercise: Even a 10-minute walk can reduce stress hormones and improve mood.

5. Talk to someone Sharing your worries with a trusted friend, family member, or counsellor can help you feel supported and less alone.

A glimpse of the month that was...



Basie van Wyk, CEO of Badisa, held an orientation session with the PlumRus Board members. The information shared was both interesting and impactful. PlumRus is broad to be a member of the Badisa Family.

Our month end clinic morning (last Thursday of the month) has become very popular amongst our residents. It is a convenient way to keep a "finger on the pulse", regarding your vital health stats and care plan.



Dementia SA Support Group meets every 3rd Saturday of the month in the foyer of the Coffee Shop. The June meeting was facilitated by Dr. Craige Dietrich "The Memory Doc", who held his audience captive with the most informative presentation on Dementia.



Thank you to our friends at Joy Magazine for sharing back copies of their inspiring magazine with our Residents. The content of the magazine is always so motivating and keeps everyone in touch with our changing world and how we can continue to remain grounded in our Faith.

Our residents Arthur Prodehl and Caroline Zutphen celebrated their 90th birthdays with family and friends.

Wishing you both many blessings for the coming years!



Our residents enjoyed their outing to the Red Cross Children's Hospital, where they met with patients and their parents, shared some gifts with the children (POPI unfortunately does not allow us to take photos with the children). In turn the residents also received a gift bag.



BRAIN GYM

Unscramble the Music Words



CAN YOU UNSCRAMBLE THESE WORDS?

All the answers have something to do with music, singing, instruments or performances.

- 1 RAHMNOIY _____
- 2 HSYMOPNY _____
- 3 OCSRERTAH _____
- 4 ONUCTDRCO _____
- 5 NMELODY _____
- 6 CSEHRTOA _____
- 7 ARBOBRHSHOP _____
- 8 CCOANRDEION _____
- 9 NHOIMARMCUA _____
- 10 INRTEMSTNU _____

- 11 APPLSAUE _____
- 12 APEOR _____
- 13 OSPRNAO _____
- 14 NETRO _____
- 15 ANBTON _____
- 16 ERERHPASL _____
- 17 ERENOCNCOT _____
- 18 HNMY _____
- 19 PCOYNISOAIT _____
- 20 ARBTOA _____

"Music is the soundtrack of our lives."

Take your time, enjoy the challenge
and see how many you can solve!



Answers will appear in next month's edition
of the PlumRus Brain Gym.

How many could you solve before then?

CHALLENGE A FRIEND OR FAMILY MEMBER!



PlumRus Musical Brain Gym



Finish the Famous Lyrics

"A song may end, but the melody lives on in our memories."

Can you remember the missing words? Some have **one** missing word; others have **two or three**. No humming to your neighbour... at least not until you've tried!

No.

Complete the Lyric

- 1 "Unforgettable, that's what you are... _____ though near or _____."
- 2 "Smile though your heart is aching, smile even though it's _____."
- 3 "You belong to me... See the pyramids along the _____."
- 4 "Fly me to the moon, let me play among the _____."
- 5 "Beyond the sea, somewhere waiting for _____."
- 6 "Misty... Look at me, I'm as helpless as a kitten up a _____."
- 7 "Tammy... I hear the cottonwoods whispering _____."
- 8 "The Green, Green Grass of Home... Yes, they'll all come to meet me, _____ reaching, smiling sweetly."
- 9 "Can't Help Falling in Love... Wise men say only fools rush _____."
- 10 "Edelweiss, Edelweiss, every morning you greet _____."
- 11 "Moon River... My huckleberry friend, Moon River and _____."
- 12 "As Time Goes By... A kiss is just a kiss, a sigh is just a _____."
- 13 "Mona Lisa... Are you warm, are you real, Mona Lisa, or just a cold and lonely _____?"
- 14 "Love Letters... Love letters straight from your heart keep us so near while _____."
- 15 "What a Wonderful World... I see friends shaking hands, saying, 'How do you do?' They're really saying _____."
- 16 "You'll Never Walk Alone... Walk on through the wind, walk on through the _____."
- 17 "Young at Heart... Fairy tales can come true, it can happen to _____."
- 18 "Some Enchanted Evening... You may see a stranger, you may see a stranger _____."
- 19 "Release Me... Please release me, let me go, for I don't _____ you anymore."
- 20 "He... Though millions of people have come and gone, His love shall live _____."

Bonus Challenge

Without looking it up, can you also name the artist who made each song famous?
Some clues:

Bobby Darin, Johnny Mathis, Andy Williams, Frank Sinatra, Al Hibbler, Richard Rodgers, Elvis Presley, Nat King Cole, Debbie Reynolds, Jo Stafford, Bobby Darin, Ezio Pinza, Tom Jones, Ketty Lester, Engelbert Humperdinck, Dooley Wilson

Stock

E Y E G G A I S N A A X I I R M P R
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ASSETS
 ASSORTMENT
 CACHE
 CHOICE
 COLLECTION
 ESTABLISHED
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 HOARD
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 MERCHANDISE
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 RESERVE
 RETAIL
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 STANDARD
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 OUTLET
 PEDDLE
 PROMOTE
 RETAIL
 SHOP
 SOUK
 STALL
 TRADE
 TURNOUT
 VEND

S M Z L S P F Q W N P F L N M J X E
 O E E F X Q K L R R P P C B O I S U
 U T V C Y M S A Q G S E B J H N E D
 K E C S A T A U C T I O N O R A V M
 A F J R A Z V I E I X B F B A L N M
 D A T L A P Z M I X D C S B L C G B
 W N L B C F H J B T G P E H M H O Q
 Y G E L V Q A O U T L E T W O U R Y
 R A D V E R T I S E E D O P Q P T T
 C E B O O T S A L E X D M C K U U A
 K R Y F F P N P L H C L O K E O Z X
 E N O E D A R T M I H E R Y N Y D Y
 X M H W R E T R A B A E P R F L Q ' V
 C R A U D I E N C E N T U A Z R A R
 C L S I L N X Q Y L G T E A K D E O
 R I A F H F F L H U E T B R I T Z F



dokter : waa isit seer ?

**Ek : asek my
werkskleure antrek dan
pyn my hele liggaam
dokter**



MY DUCKS ARE
ABSOLUTELY NOT IN A
ROW. I DON'T EVEN
KNOW WHERE SOME OF
THEM ARE... AND I'M
PRETTY SURE ONE OF
THEM IS A PIGEON.

