



Dear Owners and Residents in Macadamia Villages

It has been a busy time again for Macadamia Care and we have reached several milestones since our last newsletter that I would like to share with you:

- We have opened the new Care Centre at Macadamia @ The Aloes in Polokwane and the full Care Center at Macadamia Mataffin. The opening functions in both Polokwane and Mataffin, were a great success and we have received very positive feedback from existing residents and prospective purchasers. The article on the grand opening of the Mataffin Care Centre will be included in the next edition of our newsletter.
- It is important to keep abreast of what similar organisations in one's industry are offering and we have recently reviewed our service pricing against other service providers in the same areas as we operate in and found our pricing to be very competitive in all respects.
- We are pleased to inform you that we have appointed a firm of architects to begin formal design work on Macadamia Care's first Memory Centre that is planned for Mataffin Macadamia.
- Don and Linda Lagerwey have settled into their temporary home in Sydney Australia and have also purchased a home in the area that they will move to shortly. Don is tackling the garden and is now an avid Skype user! We wish them well in their new home.
- After an intensive review and comprehensive quality audit of our meal menus for all our Care Centres, we have already seen a significant improvement and are pleased to announce the introduction of choices in certain meals. We wish to thank those residents who participated in the survey, and who sent us words of encouragement.

I am pleased to report that work has been underway on the very important laws which underpin retirement in South Africa, and Macadamia directors have contributed toward those efforts along with other industry participants. In particular, we expect a revision to the Older Persons Act to be issued for comment within the next six months. This will hopefully introduce requirements for closer cooperation between government departments that are responsible for retirement housing, and provide clarity on many operational matters that are currently lacking. We intend getting one of

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the independent participants in the process to visit all Macadamia villages during the next six months to speak to residents and to address any concerns that you may have.

Macadamia Life has announced that it is in the process of purchasing nine apartments in Macadamia White River, which it will shortly make available under a Life Right purchase option. This makes for a more well-rounded range of purchase options for those looking to purchase in Macadamia retirement villages. The apartments have all been refurbished and one unit is fully-furnished and available for viewing. Macadamia Life offers one of the most reasonable and affordable Life Right options in South Africa, and we will only establish Life Right options in villages that are served by Macadamia Care. Details are available from the Care Centre at White River or directly from Wilma Pellissier, who is based at Mataffin Macadamia Care Centre.

Some of the features in this edition include the introduction of the first of our founding Macadamia Foundation Trust Trustees, we introduce you to Sister Belinda, who is our longest standing Care Manager, and you will be enlightened with news of our industry and updates on events in our Care Centres.

Until next time.

Louis van Rooyen



Macadamia Foundation Trust NPO & MacCare NPC



In our Autumn Edition newsletter, we announced the new **Macadamia Foundation Trust NPO** and the registration of **MacCare NPC** as the new, non-profit operating company. Today, with most care centres operating under close to break-even conditions and the imminent settling of all debt, the directors took the decision to form an NPO Trust. In the world of retirement housing and care, this model will go a long way to provide long term peace of mind to our residents.

A quick reminder;

Our Mission is to enable a Care and Respite Service in a secure and sustainable environment for older persons.

Our Objective for **Macadamia Foundation Trust NPO**, is to secure and protect the Care Centre assets in a sustainable fashion by letting the buildings to MacCare NPC on a cost-recovery basis in perpetuity, and for

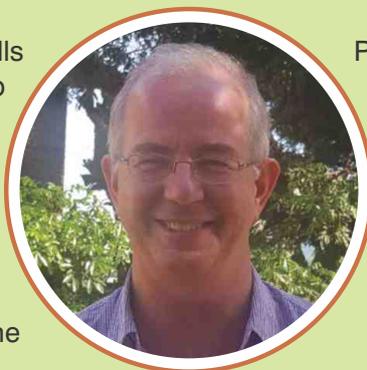
MacCare NPC, it is to operate a Care Service on a professional and sustainable basis, for the provision of Care to the residents of the villages where MacCare operates.

Our Founding Trustees, in terms of the Trust Deed, who will be ensuring that the Company's objectives of the Trust are met are:

- James Aling: Property Developer - Hall and Sons (Pty) Ltd
- Syd Eckley: Independent Retirement Industry Specialist
- Paul Heinrich Altenroxel: MacLife (Pty) Ltd Director
- Donald Graham Lagerwey: Macadamia Care Founder, MacLife (Pty) Ltd Director
- Robert Lysle Jones: Retirement Industry Specialist, MacLife (Pty) Ltd Director

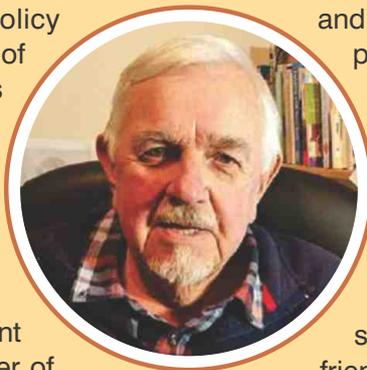
In this newsletter edition, we introduce you to our first two Trustees.

James Aling is Managing Director of Halls Properties - partnering the Lagerwey Group in the Mataffin Macadamia development. James sits on many business and community association boards such as the national SAPOA board, the Mbombela Economic Development Partnership, a private public partnership set up to drive economic growth in the region and Chairs the



Penryn Council. Having lived in the old Mataffin Village for many years, he is very excited about the transition that the village has undergone, resulting in the environment, and offering that is available for residents. James is married to Beth and has two grown up daughters who have recently completed their university studies.

Syd Eckley has 'n long history stretching over 40 years as academic, national director, policy maker, lobbyist and activist in the field of ageing. He grew up in the Free State, with his father as a master builder, developer and civil engineer and his mother, who taught him about the art of cooking. He is a registered social worker and gerontologist and specialist advisor on ageing matters.



South African Human Rights Commission since 2002 and is specifically involved as advisor on ageing policy and legislation. Syd believes that older persons are valuable assets to our country, where ever they may reside. This first is the responsibility of the older person himself to live a productive life of dignity and service to others. Syd's passion is people, good food, good music, good company, and a nice round of golf, even if it maybe a good walk spoilt. Syd is blessed with his wife as his best friend and he has 8 grandchildren residing all over the country and one teaching in China.

Presently, Syd is a consultant in the retirement housing and care industry. Syd is a member of the Section 11 Committee on Older Persons in the



6 Reasons Why Visiting Loved Ones Keeps Them Young and Happy

By: Sarah Stevenson



Spending time with family and visiting senior loved ones has huge benefits for health, primarily keeping seniors physically young and emotionally happy.

Visiting with your senior loved ones is not only rewarding, but it leads to a myriad of benefits. The obvious upside is the emotional pickup we get when we visit family members we care about, and the boost they get from being reminded we love them. But the benefits are more tangible, too. According to a review of studies in the *Journal of Health and Social Behaviour*, social isolation has been associated with cognitive decline, decline in health, depression, increased rates of infection and even mortality — dangers that are even more pronounced in seniors.

6 Benefits of Visiting Senior Loved Ones

Maintaining communication and visiting with the seniors in our lives can help ward off these detrimental effects.

1 Visits give you a chance to evaluate their health, safety, and well-being.

Perhaps the most important reason to visit loved ones is the chance to check up on their happiness and health, and make sure nothing has changed to concern you since the last time you saw them. If they suffer from chronic illness, how are they coping? Do they need extra help with care, chores, finances or medications? Do they just need a little encouragement to ensure healthy nutrition and fitness?

2 Visits can help you prevent elder abuse.

If your senior loved one lives alone, a visit can clue you in to any signs of self-neglect, if they are having trouble caring for themselves—whether the issue is declining cognition, health or mobility. If they have home care assistance or live in senior housing, a visit is the perfect time to make sure their living situation is keeping them happy and healthy. Learn the signs of common health problems as well as markers of abuse, so that you can detect any problems early.

3 Visits with family and friends can help bring back positive memories.

Visits also serve as a time to reminisce about past happy get-togethers with family and friends. Albums, conversation, home videos, music and photos can prompt nostalgia. These memory prompts can be beneficial to those with dementia and memory loss, too — many of our strongest memories relate to the sights, smells and sounds of visits which can bring back these happy times for our senior loved ones and ourselves.

4 Visits help the elderly stay emotionally engaged.

Just as visits can bring back positive memories, there are times when they can get us down, too, especially if your senior family member lives alone or is grieving a spouse. A visit from loved ones can help everyone stay connected and feel less lonely, especially far-flung family members, and can ward off any depression, social isolation, or stress.

5 Visits remind your family that you love them.

It may feel like a given, but sometimes it takes your physical presence to make your loved ones happy. Taking time out to spend with them throughout the year is a valuable reminder that you love them and are thinking of them even when you're not able to be around. Let them know that you care about their long-term well-being.

6 Visits help us create new experiences and memories for the future.

Just as reminiscing can help our older loved ones feel young and happy, taking the time to create new cherished memories will ensure that the entire family has good times to look back on in the future. Visits can do just that, whether it's a cheerful and memorable party, a quiet group stroll or simply the joys of getting the family together for food and fun.

There's no excuse to not visit a senior loved one, in person or virtually, and the benefits are enormous. Visiting loved ones makes them happy, makes you happy, and is key to keeping them feeling young — even though the years may claim otherwise.



Aloes Lifestyle Estate opens Macadamia @ The Aloes Care Centre

Photos by
Marki Franken

Guests that attended the official opening of Macadamia @ the Aloe's Care Centre, facilitated by Macadamia Care, were very impressed with the innovation of the Centre, as well as the new individual pricing menu and options that are available to residents.

Macadamia @ The Aloes is a Retirement Village that forms part of The Aloes Lifestyle Estate and is ideally situated in the developing eastern suburbs of Polokwane. Development Director of Macadamia @The Aloes, Paul Altenroxel, welcomed the guests and thanked the development and sales teams for their input and investment in the future. He also explained that the care centre is in the process of being registered as non-profit trust with residents as beneficiaries. There are therefore no shareholders and only the residents will benefit.

Macadamia Care is proud to offer personal care structures to its residents. The services include 24-hour emergency assistance, daily health monitoring and individual care plans, catering, housekeeping services, and laundry. Many additional care services can be added at affordable rates.

Rob Jones, director of MacCare NPC and retirement expert, talked about Life Rights and memory care. 'We realize that people are living longer through medical progress and that the risk of developing brain related

diseases such as dementia increases exponentially as you grow older. Therefore, the chances that we will have to get one or other form of memory centre is getting even bigger,' he explained.

According to Jones, there is currently no ideal housing for the elderly living with dementia in Polokwane. 'During our research, we found that the accommodation is often impersonal and limited. That is why we have appointed architects to design the best possible approach to dementia care. The units will have common areas where the elderly can still socialize and handle tasks that they can do, such as making coffee or helping to cook.' Architects are currently drawing up plans for Memory Units in Mbombela and Polokwane. Jones also praised the progress in the administrative and financial systems of Macadamia Care and the Care Centre, saying that it would improve interaction between the Centre's staff and residents.

The Macadamia Care team is also working with a body addressing changes needed in retirement legislation. I am very excited to be part of a team that is in the forefront of the industry and always working to ensure progress."

The proceedings were concluded with delicious snacks and entertainment by Die Bosvellers-boereorkes.



Petra van Wyk, and her husband, Willie, were the first owners of a unit in Macadamia @The Aloes, and were asked to cut the ribbon and officially declare the Care Centre open



Guests, Hester Vermeulen, Glaudie Thiar, and Johanna Crafford.



Fine & Country ladies who package and market Macadamia @ The Aloes; Mariëtte Cargnelutti, Theresa Coutinho, Hanneljé Alcock, Patsy Campbell, and Ansie Marias, Principal.



Some of the Macdamia Care Centre staff; Front – Christa Venter, Sr Karien van Rensburg, Care Manager. Behind – Susan Horn, Administrator, and Annelene van Staden, Carer



The team behind Macadamia @The Aloes Polokwane – Front; Care Manager, Karien van Rensburg.

Behind – Developer, Louis van Rooyen, Ansie Marais, Fina & Country Polokwane Principal, Paul Altenroxel, Developer, Rob Jones, MacCare NPC Director





National Care Open Day

Care Home Open Day was started as a UK wide initiative inviting care homes to open their doors to their local communities. Thousands of care homes across the UK

and other parts of the world take part each year, welcoming the public and arranging events and activities that help to create lasting links between care home residents and their local communities. This is all about showing people what excellent care homes are really about, and how they can be at the centre of local communities, developing relationships across the generations.

This year, Macadamia Care joined the South African Care Forum, and other homes across SA in support of this great initiative. Every year in June, since the idea began in 2009, millions of people stop what they're doing and get together with neighbours in a nationwide act of community and friendship.



The purpose of the National Care Home Open Day is about connecting people! We want to enrich the lives of SA's care home residents by reminding people

that care homes in every community are filled with unique, intelligent, and charming characters, and run by special people that really do care.

We want to thank all of those who came to visit in support of our local communities and want to encourage you to meet with our Care Managers who can provide you with more information on becoming a regular volunteer.

Make sure you join us again next year – it's bound to be loads of fun!



Getting to know our Care Managers Sister Belinda Esterhuysen

Prior to starting work at Macadamia White River, Sr Belinda was employed at Rustig Old Age Home in White River for 13 years as the Sister in Charge. She then joined Macadamia Clinics (Pty) Ltd, which was situated where the current administration offices and health centre is, on the 1st January 2001. Sr Belinda opened what was then known as the White River Frail Care Centre in July 2001, and the first resident was admitted on the 20 July 2001.

Sr Belinda was born in Blantyre in Malawi and was schooled at Piet Retief High School, before going on to study nursing at the University of Bloemfontein. She has 1 child of her own and 3 step children. She was widowed in 2013 and resides in White River.

Her hobbies and passions are painting, reading, bird watching, the outdoors, nature, and dogs - especially Labradors! She has a deep compassion for the elderly, and loves caring for them.

Personal highlight: Raising her children

Career highlight : Being the first Care Manager of Macadamia White River, and of the company, since its doors opened





Queen & Abby
(Mataffin & Nelspruit)



Agnes & Johnny
(White River)

TASTE Chefs Competition

The aim of this competition:

- To highlight the skills and creativity of employees entering
- To help nurture the next generation of top company chefs
- To provide a platform from which employees can highlight their skills and develop their careers
- To demonstrate the exceptional standards within the Company, and to reinforce culinary excellence in the Units
- To recognize the skills and dedication of employees

We are very proud to announce that this year, four of our Ilanga Caterers employees entered the TASTE Chefs Competition. Queen Themba from Macadamia Mataffin, together with Abigail Manzini from Macadamia Nelspruit, and Johnny Shiba and Agnes Mbatha from Macadamia White River.

"We had a great time in Johannesburg, I am very happy to get that opportunity to go and show my skills. I would be happy to participate again so that I can get more experience and hopefully win! Thank you very much."
– Queen Themba

This was Queen's second TASTE competition. Entries came from various provinces and included Limpopo, Gauteng, Mpumalanga and Mangaung. A total of 26 teams entered the TASTE Chefs Competition for both the Advanced, and Standard groups. A total of eleven teams

formed part of the advanced group, and fifteen teams formed part of the standard group.

Both of our teams took part in the Standard Group competition, and although we didn't triumph as the winners, our Chefs did exceptionally well and made us extremely proud.

The winners of this competition then move on to participate in the National TASTE Competition which are held in Cape Town.

Macadamia Care Polokwane vegetable garden

Macadamia Care Polokwane - We've have it all.

Is this the start of a Macadamia Care Centre Self-Sustainability Challenge?

Mr Piet Geldenhuys, a resident in Macadamia @The Aloes, Polokwane, started his own vegetable garden on his freehold property. His incredible self-sustainable veggie patch certainly is something to be proud of.

Piet has helped the Care Centre establish its own veggie patch on raised beds, installed by the developer. Residents got together to help plant all the new seedlings which the Developer, Paul Altenroxel sponsored.

Well done, and thank you to all who were involved.



Piet's own veggie garden has almost every vegetable and fresh herb under the sun.



Our Carers going beyond caring – Audry Sekgololo enjoying her time supporting the residents with the planting.



Macadamia Care is very grateful to Mr Paul Altenroxel for generous sponsorship of all the fresh vegetables for the Care Centre residents and for the assistance from Mr Piet Geldenhuys in insuring they are planted correctly.

Sr Annelene, Tannie Marguerite Lombard and Susan Horn also helping to plant the vegetables

Enjoying the winters day, in the sun, whilst having a cup of tea after some hard work.



Macademia Care White River – Another special visit!

Always one of our favourite visits from the SPCA White River and the Lowveld Dog Training Club. What a joy to see our residents' faces light up, and to see the excitement when interacting and touching the dogs.

It has been suggested that social interaction with an animal, as compared to a human being, is easier for people with cognitive impairment, because the interaction is more direct and relies more on body language than verbal communication. Furthermore, this form of contact is less demanding for the elderly compared to human contact. Since this group of people is less likely to have physical contact with others, contact to a dog may potentially satisfy a need for tactile stimulation.



“Man's Best Friend” ...we've all heard this catchphrase and know it refers to dogs. The popularization of the phrase is said to have come from an attorney, George Graham Vest. In 1870, Vest was in the courtroom representing a farmer who was suing for damages after his dog “Old Drum” was shot by a neighbour. Toward the closing of the trial, Mr. Vest said, “A man's dog stands by him in prosperity and in poverty, in health and in sickness. He will sleep on the cold ground, where the wintry winds blow and the snow drives fiercely, if only he

Visits from Therapy Dogs or any other dog, has shown an increased happiness, calmness, and overall emotional well-being. And they provide a break from the daily routine of illness and loneliness for residents, staff, and visitors. Regular dogs visit with the sick and elderly, sometimes simply sitting by the person's side and patiently being petted can be hugely beneficial to the elderly. Facility residents or patients may walk therapy dogs, play with them, feed them, or groom them. Some dogs are even trained to sit quietly and attentively while children read to them. Many dogs also have their own disabilities or limitations that serve as inspiration to humans with some form of disability.

may be near his master's side. He will kiss the hand that has no food to offer, he will lick the wounds and sores that come in encounters with the roughness of the world. He guards the sleep of his pauper master as if he were a prince. When all other friends desert, he remains. When riches take wings and reputation falls to pieces, he is as constant in his love as the sun in its journey through the heavens.” And later, the phrase shortened to “man's best friend”. Vest won the case and won its appeal to the Missouri Supreme Court. A statue of the dog stands in front of the Warrensburg, Missouri courthouse.

(Source; Research Documents and Josephine Reviello, Case Manager <http://www.paelderlaw.com>)





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- *Versorging in jou eie woning beskikbaar*

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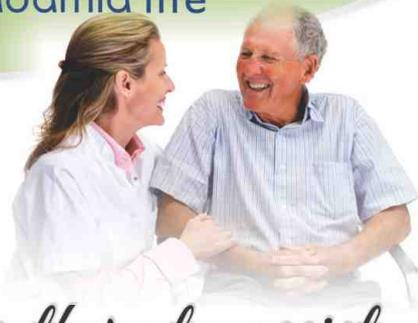
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Macadamia Care
White River

MEET MACIE!

"Macie", our new resident at Macadamia White River, also known as "liquorice".



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