

Macadamia Care, Impala Street, White River, 1240
www.macadamiacare.com info@macadamiacare.com 080 622 2273 (MAC CARE)



Macadamia Care

The Directors

Dear Macadamia Clients

I hope that our winter newsletter finds you in good health and well cared for by the Care Centres of Macadamia! My message to you this time is short and sweet: Thank you very much for meeting with us in four of the five villages that we serve (we are still planning a session in Polokwane with the residents). The change to our new service contract, aimed at improving and standardising services has been well met by the vast majority of residents, and we are grateful for the messages of thanks and encouragement from some of you. We have already seen benefits for some residents that we are serving in their homes, who are still able to avoid a permanent move to the Care Centre, and are accessing our flexible services as required.

For the balance of this year we are focusing on the following key matters (amongst others):

- Full implementation of our new Care Services pricing and contracting;
- The finalisation of construction of the Polokwane and Mataffin Care Centres;
- The plans for implementation of accommodation and care solutions for those with memory-related challenges;
- Finalisation of the catering outsourcing project;
- Outsourcing of laundry and cleaning services to professional service providers;
- Additional operational improvements to all Care Centres based on the advice of external specialists.

We are proud of the committed staff that make Macadamia Care Centres some of the best providers of care in South Africa. Keep up the great work Team Macadamia!

Regards

Don Lagerwey

INDEX

- Message from the Directors Page 1
- Reef Caterers Page 2
- Mataffin Macadamia Village all about quality Page 3
- Sudoku & Quizz Page 5
- Call for Care Page 6
- Macadamia Care - The Aloes Page 8



A Foreign Perspective

by Bert de Kool

It is with a dual objective that I have decided to write this note about what I have viewed at Macadamia @ The Aloes, my name is Bert de Kool. I'm a pharmacist in the Netherlands and a co-investor in The Aloes Life Style Estate, Development in Polokwane, South Africa.

Once a year I visit the development, specifically with a view to the progress, but as a Pharmacist, the Macadamia Care and associated facilities have my special interest, not only because of the professional experience with care of the elderly in the Netherlands, but because my own father is now a recipient of such services. As a pharmacist in the Netherlands I see a lot of difference in care options for elderly and I'm able to compare it with the option /solutions available for care in Macadamia @ The Aloes.

continued on page 2

People who care about people

continued from page 1

In my opinion there is a strong point, or benefit to being able to stay in your own house or unit, keep your own privacy, for as long as affordable care is available. With Macadamia Care, different scales of service are available, from aid in your house to aid in the Care Centre. When I look at the structure of Macadamia comparing to elderly homes in the Netherlands it is equal. A difference is that in the Netherlands they will bring you to hospital a lot earlier while in Macadamia you can stay longer because of the facilities in the Care Centre.

My last visit gave me also the opportunity to look in some of the houses and units. I was impressed by the design of the units and the quality of the finishes. The design was tuned for elderly; a living area, kitchen, bedroom and a well-equipped bathroom. In my opinion the units are on a par with anything I have seen in the Netherlands, certainly comparable in quality. A visit to the Macadamia Care Centre showed me a professional unit with enough place for palliative care in different stages.

I will be following the progress of Macadamia in the future. For me it is good to see the different solutions in care and aid. It's also good to compare it with the situation in the Netherlands and bring ideas in or take them with me back home. I'm looking forward to my next visit to this special place and project!

Bert de Kool

Macadamia Nelspruit Rock & Roll

Reef Caterers



Catering, just for you



Dancing staff & residents filled the dining room at Macadamia Nelspruit. We had a competition with charades and 3 lucky winners each received WIMPY vouchers to the value of R100.00

From left – Mrs Dolly McCullum, Lizelle Liebenberg (UM), Mev Joey Burger & Mr Jeff Kennells



Catering made remarkable just for you

Tangy gorgonzola, Dazzling Chardonnays, Zingy Jalapeno Rissoles, Creamy Blue Cheese, Luscious Chocolate Ganache, Vivacious Meringues, Mouthwatering Red Figs & Fragrant Basil Pesto's are just some of scrumptious Treats to look forward to at your tailored function.

Tailored Events include Birthdays, Braai days, Long table dinners, Singles evening, Farewells, Christmas Events, Year End Events and more.

Frozen Meals & Soups – What is more comforting than opening your fridge or freezer with homemade meals and soups made to perfection?

Please contact us for quotations or any queries.



Ilanga Caterers



Limpopo Caterers

Mpumalanga - jackie@ilangacaterers.co.za Limpopo - rene@ilangacaterers.co.za



Mataffin Macadamia Village all about quality

The new wing of the Care Centre encourages homely living with a look and feel of comfort and luxury

Last Monday evening, the usually quiet Mataffin Macadamia Village was abuzz with activities as it hosted the successful opening of the first phase of the new stylish wing of the Mataffin Macadamia Care Centre.

The Mataffin Macadamia Lifestyle and Assisted Living Village was established in 2011 with the offering of various types of homes and apartments. Mr James Aling, director of the Mataffin Macadamia Development Company, said they are planning to develop more units in the village that is set in the heart of Halls' farming estate, just off the N4 on the outskirts of Mbombela.

The Mataffin Macadamia Village is one of the first of its kind. It not only has an Assisted Living Village with the estate, but also a conjoined lifestyle estate where young families, young adults and independent members of the 50-and-above community are all welcome. The Mataffin Macadamia Care Centre which is located in this secure village, offers 24-hour emergency assistance for all residents. The company has been hard at work in establishing a new way of ensuring that anyone receiving the services or care from the centre, is provided with trained, dedicated staff who are there to look after you or your loved one's attentive care needs.

They have also embarked on outsourcing many of their internal service departments which now allows for them to focus on individual care to be given to those who require it. The new wing of the Care Centre, which comprises eight en-suite, spacious rooms, resembles nothing of a hospital and rather encourages homely living with a look and feel of comfort and luxury, which research shows is essential when taking care of the elderly or those requiring respite care. "Phase two of construction of the Care Centre will start in June. We are expecting it to be completed before Christmas this year.



Don Lagerwey (director of Macadamia Care) and James Aling (chairman of Macadamia Mataffin Village).

Prospective residents can rest assured that we will have the best care facilities for them to enjoy," said Aling.

Following the opening function, Macadamia Care arranged for a presentation by Mr Rob Jones of Shire Retirement Properties on the various aspects of retirement living. Jones delivered a thought-provoking presentation titled, "Retirement intelligence". It covered research done by Shire regarding factors that affect retirement both negatively and positively.

Mataffin Macadamia Assisted Living and Lifestyle Village - come and discover where country living comes naturally.



Ready to test your mental vitality and flexibility?

red white green brown
 green red brown white
 white brown green red
 red white green brown
 brown green white red
 white brown red green
 green white brown red
 red brown green white

Quick - say aloud what colour you see in every word, NOT the word you read. Go from left to right, from top to down.

Not easy, right? This task is called Stroop Test, and is used in neuropsychological evaluations to measure mental flexibility, since performing well requires strong attention, inhibition and self-regulation capabilities.



Sudoku is a simple game of logic where the objective is to complete the grid such that every row, every column, and every 3x3 block contains the digits from 1 to 9. No mathematics is required to solve the puzzles, just pure logic and reasoning.

Answers to Sudoku on page 7

		1			8			
	8		4	7				5
5	7	2	9					
				6		9		
6	9						4	7
		7		3				
					7	6	3	1
8				2	3		7	
			5			4		

Quiz Time

- 1 A man is pushing his car along the road when he comes to a hotel. He shouts, "I'm bankrupt!" Why?
- 2 He has married many women, but has never been married. Who is he?
- 3 What invention lets you look right through a wall?

Answers to Quiz Time on page 8





call4care
24/7

is coming to Macadamia

Soon Macadamia will begin installing Call4Care in the Macadamia Retirement Villages and Care Centres. Call4Care is a special service that allows residents of Macadamia Villages to obtain assistance whenever in need.

Emergencies can arise at any time, night or day, and can vary in severity from something quite minor to a very serious medical problem. When these happen it is important to be able to easily call for assistance and to receive an immediate response.

There are two special features about Call4Care. The first is the waterproof button normally worn on the wrist. A simple press of the button (even if you are in the bath or shower) connects you instantly to the Call4Care monitoring centre.

The next special feature is that Call4Care can then speak to you and determine the nature of the emergency – without you even having to move or pick up a phone. This saves valuable time and ensures that the right response is provided without any delay. That response might simply be calling a friend or neighbour or a nurse or carer, but might also require an ambulance or doctor. Call4Care will arrange the most appropriate support for you. This removes the risk of needing help when you are alone. Anytime 24/7 you can, at the touch of a button get assistance. That is a valuable assurance when you are alone and even provides peace of mind for your relatives.

Call4Care's equipment is made in Europe and their approach is based on European best standards. The monitoring centre is equipped with the latest technology for this type of managed response and they have backup computers and even a remote disaster recovery site to ensure that operations never fail. Fears of power outages are a thing of the past as all their equipment has the necessary backup power provided.

Macadamia Care spent a great deal of time securing the best possible service for Macadamia residents. We are certain that the Call4Care service will provide all our residents the best possible means to get assistance in time of need. Call4care is also a valuable assistance for elderly persons living alone in their own suburban homes and Call4care can assist anyone wanting access to the service even before they choose to move into a Macadamia retirement village or care centre.

We are excited about this new development for Macadamia and we know our residents will feel the benefits soon.



call4care
24/7



**Retirement
village essential
services - 24/7**



Macadamia Care Centre @ The Aloes, Polokwane

As those residents in our fledgling Village, *Macadamia @ The Aloes* in Polokwane would be well aware, the construction of the next phase of the Care Centre is well under way, with the new Laundry complete and operational. This phase, expected to be completed during the 4th quarter focuses on the “service facilities” as well as the new Community Dining and Lounge area, which I am sure will be most welcomed by our Pioneer residents and staff alike, who have until now challenged the seams of the 1st Phase.

The recently appointed Reef Caterers certainly took up the challenge of starting the service within the bounds of the temporary kitchen and will no doubt enjoy the state-of-the-art kitchen facility that has been designed by Co-LAB architects in conjunction with Catering Equipment Specialists.

The new Community Dining and Lounge area will be well-furnished, allowing for regular gatherings of our Village residents and enabling a more interactive retirement than has been possible within the existing facilities. We look forward to prayer groups, book clubs and similar such interests making good use of this facility. Please do not hesitate to drop your Care Centre Manager Karien van Rensburg a note with your ideas or needs.

The next phase, which includes the Memory Care Facility is currently being designed, taking the most recent research and development in Memory Care into account. We as developers look forward to receiving these proposals from the Macadamia Care Team, in the very near future.

Yours Sincerely

Don Lagerwey





Montana's Gardening Tips for August -

- August is the time to plant your summer annuals such as: petunias, Lobelias, Dianthus, Begonias, Gazanias, Alyssum and Marigolds
- August is considered to be 'the' windy month in most parts of South Africa so don't forget to stake newly planted trees and standards to prevent them from toppling over or snapping in the wind.
- August is an excellent time to plant new roses. If you have not yet pruned your roses, remember that pruning late is better than not pruning at all.
- Revive your semi-dormant indoor plants by cleaning the leaves with a wet cloth or leaf-wipe tissue and giving each plant a diluted dose of liquid fertiliser.
- August is a good time to prepare your lawns for the summer. Rake out any dead and matted undergrowth (add these rakings to the compost heap or use as mulch for the flower beds) and aerate the lawn to improve its absorption of water and nutrients. Aeration can be as simple as stabbing holes into the lawn with a garden fork.
- Apply lawn mulch and environment-friendly fertiliser like Atlantic All Purpose to newly raked and aerated lawns.
- Perennials such as agapanthus, dietes and hemerocallis ask little from the gardener but they do multiply and become overcrowded after a while, which will inhibit summer flowering. Dig them up and carefully divide them up for replanting over a larger area
- Fruit trees will enjoy a mulch of kraal manure and an application of 8:1:5

Content supplied by Montana Nursery, Nelspruit



macadamia care

People who care about people

A reminder of our Clinic Services at the Care Centre for the development of your personal care plan. We will be monitoring your vital health indicators through regular assessments in terms of your Care Service needs.

Clinic times are usually between 10h00 and 11h30 on Tuesdays

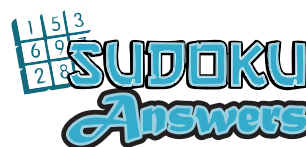
Clinic Services include the following:

- * Blood pressure
- * Blood sugar (Glucose)
- * Weight
- * Urine (as needed)
- * Brief interviews as required

NOTICE TO ALL RESIDENTS

Macadamia Care would like to remind all residents regarding safety and security, that they are required to report any incident within 72 hours of its occurrences to the Care Centre Manager.

We also wish to encourage swift action in order for us to resolve all problems. This requires all residents to report any concerns promptly to the Care Centre manager.



4	6	1	3	5	8	7	9	2
3	8	9	4	7	2	1	6	5
5	7	2	9	1	6	3	8	4
2	5	8	7	6	4	9	1	3
6	9	3	1	8	5	2	4	7
1	4	7	2	3	9	8	5	6
9	2	5	8	4	7	6	3	1
8	1	4	6	2	3	5	7	9
7	3	6	5	9	1	4	2	8





'We Care' Care Buddies

Care Buddies have been running on a voluntary basis successfully for the past nine years and is a registered as a Section 21 Non-profit Organization. The organisation therefore offers no benefit to our members other than the joy they receive from giving back to their community. We touch the lives of around 250 elderly people each year

where we provide regular love, support and companionship, and always do our best to make aging easier, better and kinder. We would love for our organisation to touch as many hearts as possible and are delighted when older people are treated with compassion.

Care Buddies are committed to improving the emotional and social quality of our elderly community and ensuring that our elderly are never lonely or insecure or emotionally neglected. The elderly are visited at least once a week and our visits are sincere and consistent and we strive to keep our older folks best interests at heart.

We only need finance to meet our annual function requirements and we commit to using any funds given or received solely for the benefit of the aged within our care in our local communities. We have branches in White river, Nelspruit, Barberton and Gordons Bay and are very excited to share the news of a very recently opened branch in Hoedspruit.

Mission & Vision



Entertainment: We arrange for weekly entertainment such as sing-a-longs, bingo sessions, Crafting and Shows for example, by children from local pre-primary and primary schools

Functions: We like to spoil all of our elderly with an annual Tea Party in June and Christmas in November. We also have a Wish List Project whereby we arrange for each person to receive R100 for them to spend as they wish. All of our regular activities include entertainment and refreshments and we also contribute and decorate the various environments with items such as curtains, new paint, framed pictures and much more.

What we do



We are a voluntary organization with the specific aim to provide love, support and emotional care to the aged in our community. We endeavour to make them feel loved, secure and valued.

Our vision is to ensure that there is a Care Buddy available for every senior citizen in every old age home, frail care unit and those living in private homes in our local communities.

For more information, please visit our website:

www.carebuddies.co.za

Or contact Yvonne McHeath

Tell: 013751 2638

Quiz Time Answers

- 1** He's playing monopoly
- 2** A preacher
- 3** A window

AFTREDE IN STYL

POLOKWANE / PIETERSBURG
VANAF R713 000
24-UUR VERSORGING & SEKURITEIT

RETIRE IN STYLE

POLOKWANE / PIETERSBURG
FROM R713 000
24-HOUR CARE & SECURITY





ANSIE MARAIS

082 460 4439

