



Dear Residents & Owners of Macadamia villages and Macadamia Care staff

The words “New Dawn” are on everyone's lips as the country is encouraged by positive change in the political scenery. Within Macadamia Care, there is likewise a similar positive change, with all operations moving to MacCare (Pty) Ltd. from 1 March 2018. As we have explained in previous communiques, this will have no impact on staff or residents, but will bring about a renewed emphasis on the non-profit nature of our business.



As part of these changes, the new accounting system is being put into operation in the Mpumalanga Care Centres for the first time, and this, together with an enhanced and expanded Customer Relationship Management System and other key systems will make for a more efficient organisation in 2018.

We continue to enjoy excellent service from our outsourced service providers, and we are happy with their various innovations and approaches to quality. The recent outbreak of Listeriosis was an example - proactive action on the part of the caterers ensured that our Care Centres were safe and free of the products that are the source of the problem. We continue to search for ways in which to improve our services to residents – there is more to come in 2018 in this area!

We continue to implement changes as part of the lessons learned during 2017, partially as a result of the visits by Syd Eckley to all Care Centres. Roles are being revised and new approaches to old challenges are being considered, as the organisation attempts to remain agile in this dynamic industry. We have implemented activity boards in all Care Centres and hope to expand the listed activities in the year to come.

We are pleased to announce that the Memory Centre at Mataffin is now in the planning stages, with architects having completed their first site visit and the first workshop

INDEX	Page no.
Mataffin Care Centre News	2
Getting to know our Care Managers - Sr Landi Bezuidenhout	2
Staff uniforms	3
The role of our Care Centre Administrators	3
Dementia	4
Tzaneen Care Centre News	6
Polokwane Care Centre News	6
Macadamia White River News	7
Nelspruit Care Centre News	7
Life is a Garden	8

being completed. There are some very exciting announcements that we hope to be able to make in the coming months with regard to the development of the specification for Memory Centres – a research project undertaken by the Macadamia Foundation Trust, and upon which the design for the Mataffin Memory Centre will be based. There is strong interest in the Memory Centre rooms and a waiting list is developing already. Various resources and training materials related to memory care are under development by the team at Mataffin, in close cooperation with national organisations dedicated to improving such care.”

That's all for now - Here's hoping that 2018 proves to be the positive year that we all believe it will be.

Take Care!

The Macadamia Care Board

General enquiries

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**For all Care related queries,
please contact your Care Centre Manager.**



Mataffin Care Centre News

2018 promises to be a good year! Any sort of change that comes our way creates opportunities for learning and growth. We must always take advantage of these occasions.

Mataffin Macadamia Care Centre dining room has gone through a wonderful transformation by Linda van Rooyen. The idea was to reflect some of the history of Mataffin and the beautiful environment that surrounds the Care Centre and village. A peaceful and relaxing atmosphere has been created where our residents and visitors can enjoy their meals, or lounge on our couches with a cup of tea or coffee. All are welcome to join us – come and make yourself at home!

Our Care Centre residents have been so blessed with such talented people from the village who take the time each week to really live out what we ourselves base our Macadamia Care values and motto on – *People who care about people*. Our residents are kept busy and entertained with stimulating activities, and great company. We want to thank each one of you who regularly visit and get involved for your continued and valuable support and for the personal time you offer to those who need it.

We will have more exciting news to share in the next edition of our newsletter regarding the Mataffin Care Centre.

Have a blessed Easter.



macadamia life

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- Assisted Living Apartments
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- Landscaped Gardens
- Transition Guidance and Assistance



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macadamia care



Getting to know our Care Managers

Sr Landi Bezuidenhout

**Mataffin Macadamia Care
Centre Manager**



My name is Landi Bezuidenhout and I am a born and bred Lowvelder. I grew up on a farm in Komatipoort, attended boarding school at Nelspruit and completed my diploma in General Nursing and Midwifery at SG Lourens College for Nursing in Pretoria. Thereafter I obtained qualifications in Community Health Nursing, Nursing Administration and Education.

I worked for a few years in Department of Health hospitals and clinics as well as in the Communicable Disease and Human Resource Development Departments. I decided to spread my wings and worked at ACTS clinic (AIDS Care Training and Support), a non-governmental organisation, doing training on HIV/AIDS. Thereafter I worked at the Hospice and Palliative Care Association (HPCA) where I was afforded the opportunity to study for the Post-Graduate Diploma in Palliative Medicine at UCT.

During April 2017 I was appointed as Care Manager for the Mataffin Macadamia Care Centre. It is my passion to apply the palliative care principles of person-and-family centered care to the aged community, and I am excited about the new Memory Centre that is planned for Mataffin. **My life motto is:** "If it is worth doing, it is worth doing well".



Staff uniforms

At Macadamia Care, we know how important it is to exhibit a look that confirms our professionalism for our customers, our partners, and our co-workers and for our team to feel and look good.

We have recently made some changes to our uniforms and we're sure you will agree that our staff are looking great!



The role of our Care Centre Administrators

We have seen a significant change in the South African Care Industry in the past 10 years and Macadamia Care continues to strive to be at the forefront of these changes.

Over a year ago, we saw the need for a Care Centre Administrator (CCA) in each of our Centres. This role has proven to be a key component in the Macadamia Care operations. In the early days, our CCA's were there to assist the Care Manager with their daily administrative duties, and to assist with various resident queries. Due to the organisations new approach to Care services, the role and function of our CCA's has changed considerably.

The diverse nature of Care has resulted in this position becoming instrumental in the finance and administrative side of the business. Although our Care Administrators will remain the professional, friendly face one sees when walking into the Care Centre, they have been trained and equipped to take on a far greater role.

Certain days of the week will be allocated to our residents who have any queries regarding the services we offer, invoice related matters, or any other questions or requests. More detail will be provided on this and communicated to you through your local Care Centre.

We are all excited to see the further development of our Care Centre Administrators in the coming years and we implore our residents to continue to show the support that each of our dedicated and hardworking Administrators deserve as they continue to serve you with the high standard which Macadamia is known for.

Our Care Centre Administrators:



Nelspruit Care Centre:
Joanine Drake



Tzaneen Care Centre:
Rika Swanepoel



Mataffin Care Centre:
Gugu Ndlovu



Polokwane Care Centre:
Susan Horn



White River Care Centre:
Rolleen Jacobs



Dementia

An SA Article on what dementia is and what the warning signs are



There is no antidote for aging. The question is how to prepare for it. We all hope to travel life's journeys with as few obstacles as possible. Inevitably and often unavoidably things happen along the way. The wisdom of knowledge is the invaluable tool that we can arm ourselves with in the event of various occurrences.

We all know that our lives are composed of various aspects, namely, physical, emotional, financial, cognitive, and mental health. We all yearn towards searching for the panacea to provide us with a **holistic quality of health**. Without education and awareness, we fail ourselves and society at large in believing the myth that failing memory and cognitive skills are a result of old age. There is little further from the truth! **Dementia is by no means a normal part of the aging process.**

Age is certainly undeniably an important risk factor, but it is imperative that it be known that it is not the only one. There are many other medical conditions which are treatable and that can also result in memory impairment. It is thus essential to have memory difficulties carefully checked out especially if one's daily life is being affected and resulting in anxiety. Statistics show that Dementia affects one in twenty people over the age of 65 and one in five people over the age of 80. There are however diagnosed and documented cases of early-onset dementia before the age of 65.

It is clearly evident that the need for community-based services, welfare and support for people with Dementia as well as their carers is exceedingly large. This will no doubt place pressure upon governments globally to dramatically increase such services. The climate for change needs to be hastily created in terms of awareness and education to policymakers, governments, medical aids, healthcare professionals, home based carers, and society at large. We need to encourage the change of social conscience by including the aged and more specifically, those with Dementia.

What exactly is Dementia? Too often it is a term that is bandied about without a clear understanding and has developed a stigma that needs to be repudiated.

Dementia is a disease that affects the brain. It affects **memory, thinking and actions** - sometimes simultaneously. It is a progressive disease which affects the person with Dementia gradually and increasingly. There are many kinds of Dementia, the most common being Alzheimer's disease (about 50-60%) as well as Vascular Dementia.

With Vascular Dementia, there are problems with blood supply to the brain cells. The most common type of Vascular Dementia is Multi-Infarct Dementia. Tiny strokes (infarcts) damage small areas of the brain resulting in a probable change as to how the person is coping and functioning. Sometimes the effect causes the sufferer to feel unwell and temporarily more confused. Sometimes the person does not notice the effect.

The Mini Mental State Examination (MMSE) is the most commonly used test for complaints of memory loss. It is used when the diagnosis of Dementia is to be considered. This can be checked out by a doctor or a specialist (Neurologist, Psychiatrist or Geriatrician).

The 10 most common early symptoms of Dementia include:

1. Memory Loss
2. Difficulty in performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Impaired Judgement
6. Problems keeping track of things
7. Misplacing things
8. Changes in mood or behaviour
9. Personality changes
10. Loss of Initiative

How Dementia can impact upon family life

Upon confirmed diagnosis of Dementia, the challenge of coming to terms with the expected changes needs to be faced, understood, and dealt with. Being prepared assists in being able to equip oneself with a plan in order to be able to cope. It is comforting to know that there is help and support at hand and that the changes will occur gradually. However, one does need time to adjust one's lifestyle with any difficult challenge at hand.

What the family and friends can expect

The natural progression of the disease follows the pattern of initially having trouble in remembering words, finishing thoughts, following directions, or remembering names or information. Often irritability, frustration and confusion are noticeable. Changes in personality and behaviour become apparent. As time goes on problems will increasingly manifest with thinking and remembering, reading, and writing will also become more difficult. It will also become harder for the person to make decisions and take in new information.

Later, everyday mundane activities will become difficult, for example, remembering to keep appointments, shopping lists, coping with money, cooking and general caring for themselves. This then leads to the person



needing assistance with basic activities such as washing, dressing, and eating.

These changes are very gradual, and the person may stay the same for months or even years. Because each person with Dementia is different, it is difficult to predict when changes will occur and at what pace. Although it may become difficult to continue some of their usual activities, people with Dementia may discover other activities to enjoy, for example, sorting out family photographs, gardening or listening to music.

The all-important factor not to lose sight of, is to maintain respect and dignity for the person with the disease.

Karen Borochowitz: Dementia SA
NATIONAL EXECUTIVE DIRECTOR

**Concerned about your memory?
Forgetful? Confused? We could help.**

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NPO 049-191 PBO 930022142



Laundry Africa



Our Longest serving employee

My name is Asnath Maite (Letsoalo) Malatji. I was born on the 13 January 1973 at Bolobedu South in Marirone Village.

I am married to Sonty Malatji and we are blessed with four children - three daughters and a son, and we also have two wonderful grandchildren.

My career at Macadamia Care started on the 9 January 2008 where I was appointed to work in the laundry. I am now working as a cleaner for Laundry Africa, but for my same residents in Macadamia Care Centre.

I am grateful for my job at Macadamia and I would like to thank my colleagues for working with me.

A special note from a resident:

Ps 23: 1

I would like to thank you on behalf of all the residents of Macadamia, for your good work. Although I only know you by sight, you are always smiling and cheerful, your husband, I know better, we always chat when he delivers my medication from Van Heerden Pharmacy, he's very proud of you. Thanks for your loyal service, may God bless you and your family. May you have another 10 years of good health and service.

Hospitality & Healthcare Cleaning & Laundry Specialists

Retirement AT ITS FINEST



ABOUT MACADAMIA

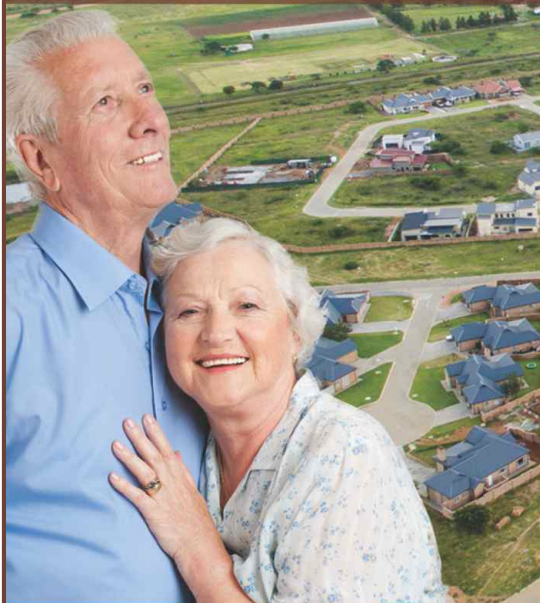
Macadamia @ The Aloes Lifestyle Estate gives you the opportunity to retire in style. Located within The Aloes Lifestyle Estate, this sought-after assisted living estate offers retirees an upmarket, secure, lock-up-and-go lifestyle in a spacious environment.

Beautifully landscaped lawns stretch out across the vast expanse of this property, offering residents freedom to move around without the feeling of being confined. You can be sure that your loved ones will feel at home in this village, as they spend their golden years in luxury and comfort.

CARE CENTRE FACILITIES

- ☑ 24hr Emergency Assistance
- ☑ Health Monitoring & Care Planning
- ☑ Attentive Care
- ☑ Respite Care
- ☑ Memory Care
- ☑ Home-based Care

macadamia life macadamia care



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☎ +27 (0) 15 297 2846



CARE CENTRE



LOUNGE



DINING ROOM



Tzaneen Care Centre News

We are always so thankful for the support shown for our Care Centre residents. The residents truly enjoy your regular visits. Everyone is always invited to come and join us when we play different board games. It's so much fun and the extra company is always an extra treat.



Our Christmas Lunch at the end of 2017 was very special. We had a great turnout where residents and staff alike thoroughly enjoyed it and truly appreciated the effort from everyone that went into organising the event.



During January we had a "Back to School Day" which was loads of fun. A real trip down memory lane for many of us who participate by dressing up in our old uniforms. The residents were very pleased with this entertaining theme as well as the delicious meal that was served.



We would like to take this opportunity to thank Mr. Ted Venter – Our Tzaneen Care Centre Handy Man. Ted is busy assisting us with restoring the wooden garden furniture and volunteers to help wherever he can.

Please remember to keep your Call4Care button on your person at all times. Two recent incidents have taken longer to resolve because the residents who fell did not have their buttons with them.

It's hard to believe but with Easter just around the corner, we want to wish all our Tzaneen residents a blessed Easter weekend.

Polokwane Care Centre News

Things certainly have been heating up in the Kitchens at Polokwane in February! An initiative by Limpopo Caterers kitchen manager, Nadia Bezuidenhout, saw the residents enjoying a festive Mexican themed meal for Valentine day.

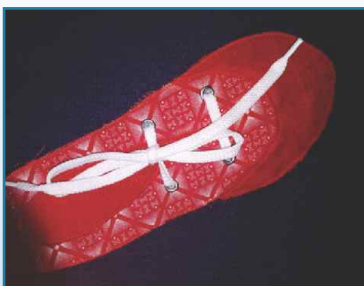
Mrs. Marguerite Lombard made a soft book for those residents with Alzheimer's. The therapeutic book has buttons, bows as shoelaces, studs, Velcro and a zipper. This is a wonderful form of eye-hand stimulation which one can enjoy for many hours. Thank you so much for your creativity and thoughtfulness, Marguerite.

We would like to encourage you to become more involved with our Care Centre residents. Any visit is so welcome and really makes such a big difference in their lives. If you want to discuss how you can show more support, please feel free to contact me, Sr Karien, any time at the Care Centre.

I trust that your Easter will be a blessed time.



One of our talented chefs, Kgomotso Bilusa.



Macadamia White River News

With the blessing of the rain we've had, our gardens in Macadamia White River are looking too beautiful.

We have a lovely garden bench in the front of our Care Centre where the birds enjoy feeding in the same trees that provide the perfect shade where one can sit and enjoy the surroundings. All our visitors and residents are welcome to enjoy this area whilst seeing a family member or friend, or just wanting some quiet time to read a book with a cup of tea.

The ladies of our resident's knitting circle have been hard at work with putting their handy knitting skills to the test by sewing together all their blocks to make blankets for Mandela Day.

Our local Occupational Therapist, Lesley Dengler helped our residents last year to make some Christmas decorations. The result was so impressive that we adorned our Christmas tree with all these creative, handmade decorations.



A very special visit, as always, from Books in Homes founder, Val Morris, was organized by Sister Belinda. Gogo's Books was at the Care Centre to hand out books to our Care workers for their children.



Nelspruit Care Centre News



Meet Sr Lynne Liebenberg, the new Care Manager appointed for the Nelspruit Macadamia Care Centre.

Lynne, originally from Nelspruit, lived in Port Elizabeth for the past 11 years, where she was the Clinic Supervisor in the Nelson Mandela Bay Sub-District C. When she left, five of the six clinics she supervised obtained Ideal Clinic Status – 1 gold and 5 silvers.

Lynne has had experience in working among the aged and she is hard at work to improve quality of care at the Nelspruit Care Centre. Welcome Lynne!



Exciting changes have taken place at the Nelspruit Care Centre. An office has been constructed for the Care Centre Administrator, Ms Joanine Drake. After suffering from dust and paint fumes, Joanine has settled into her new office where she proudly serves our customers and staff.

Under the guidance of Staff Nurse Petro Hunt, and with the kind donation from a donor, the residents of the Nelspruit Care Centre started to form an art group on Monday afternoons. Their first meeting was on Monday, 5 February. Some residents from the assisted living apartments and a few ladies from the village attended. All enjoyed it very much and are looking forward to the next session. The ladies have made beautiful jewellery pieces that they proudly display.

Our Nelspruit village resident, Toekie Smit has been a wonderful support to our Care Centre residents with her creativity and by supplying all the material needed to produce these beautiful pieces of jewellery. Thank you so much Toekie!



A new corner for residents and visitors was created, with the help of our gardener, Aubrey. People love to sit outside enjoying the hot summer weather, drinking tea and chatting, or just reading a book.



Life is like a Garden

What to do in the Garden this Month

Smart planting!

Inland gardening (Gauteng, Free State, North West, Mpumalanga and Limpopo)

- Keep your gardenias well-watered now. Although they flower mostly in summer, they still form new buds until late autumn, which mature on the plant and will open as soon as temperatures rise again. If they experience a lack of water in this phase, the buds fail to open and fall off.
- Now is the ideal time to move trees and shrubs to different spaces in your garden, if you wish. As the heat is over, plants will have a better chance to establish themselves again in a new area.
- Plant the full range of osteospermums, arctotis and diascias for instant colour – they bloom now and love the cooler weather.
- Italian cypress aphids are active in the cooler months; keep on spraying conifers against them.
- Use fallen leaves as a mulch for woodland plants like azaleas and rhododendrons.
- Prune evergreen hedges - also clean them out at the base, as it can become a hiding and overwintering place for many unwelcome objects and critters.

Time to plant your spring bulbs

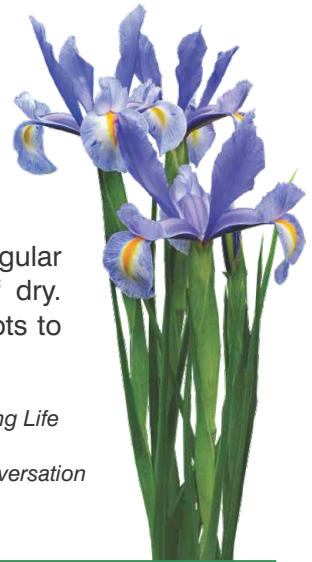
From the weirdest looking corms and dried out little bulbs, will burst forth the most beautiful spring flowers on earth, and for very little effort too!

Hot tips on bulb planting

- Because spring-flowering bulbs need to be cool, don't plant them next to hard landscaping like driveways or paved pathways.
- Avoid north-facing walls and if planted in containers, keep them in morning sun and afternoon shade.
- Plant all spring-flowering bulbs with the pointed side up (except anemones, which should be planted with the pointed side down). Bulbs with fingers or claws, like ranunculi, should be planted with the fingers pointing downwards. Small bulbs like anemone, leucojum, muscari, lachenalia, tritonia and ranunculus should be planted 5cm deep, and larger ones like hyacinth, freesia, and Dutch iris should be planted 10cm deep. Use a dibber (a tool to make holes in the soil) or bulb planter to do the job.

- Keeping the soil moist at root level is the most important aspect of growing bulbs. Soak the soil to a depth of about 15cm every four to five days.
- Potted bulbs will need more regular watering – even every day if dry. Never allow the base of the pots to stand in water.

- *Source: For more information on bringing Life to your Garden, visit our website www.lifeisagarden.co.za or join the conversation on our Facebook page: www.facebook.com/lifeisagardensa.*



Life is a Garden is the marketing division of The South African Nursery Association (SANA). SANA is a member driven, non-profit organisation, which strives to promote gardening as a hobby in South Africa for ALL South Africans. Find your nearest Life is a Garden/GCA affiliated Garden Centre by looking for the yellow and green GCA flag at independent garden centres, and all Builders Group Home stores.



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Adrian Lucas
Management

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Our Philosophy is one which recognises that every development is different, and therefore has different requirements. We manage this by ensuring corporate governance on all levels and as set out by the Owners through the Directors of the Estate, or Trustees of a Body Corporate.

