



## Dear Macadamia customers and staff

Our last edition of the Macadamia News was jam-packed with news and useful information, and this edition is no different! We are grateful to the advertising contributors who help us fund this newsletter, and to those who write and contribute interesting articles for publication. A special “thank-you” is due Samantha Le Grange, who puts each edition together. *Well done Sam!*

Should you have a piece of news that you want the broader Macadamia community to know about, feel free to pass it on to your local Care Centre Administrator, who will share it with the editor, or email it directly to info@macadamiacare.com. We are also very happy to receive comments on the newsletter content or suggestions for future editions.

We hope that you enjoy getting to know our staff and different care centre environments each quarter. We are trying hard to develop a positive morale and spirit within our team and this is one way to tell you a little about who these special people are that have your interests at heart.

We have made the transition to MacCare NPC as announced in several prior newsletters, and we are hard at work improving Macadamia Care services every month. Amongst other things, we have improved various IT systems since our last newsletter and are releasing new policies and tools for use in each Care Centre with respect to Care Planning and Care Assessment of our customers.

If there are topics of interest to you, please make your suggestions to the senior staff at your Care Centre. We can arrange for subject-matter experts to present a talk at the village. Possible subjects for such talks are “What is dementia and what can be done about it?”, “What are Life Rights and what benefits does buying a Life Right hold?”, etc.

A final thought – Have you contacted your close friends and family members recently, simply to tell them that you love them and are thinking of them? There is no time like the present to do so! Don't delay these small acts of love and kindness.

All the best  
The Macadamia Care Board

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## Macadamia Care Tzaneen staff fire training

Macadamia Care staff participate in regular training sessions. One of those is Fire Training. Well done to these staff members for receiving their certificates.



From left to right:  
Nellani Lesiba AUX, Lucy Nakana CW,  
Winyi Mohononi CW, Theresa Makgobola CW,  
Suzan Mashaba CW, Beauty Baloyi CW.





Our lucky draw winner, Mrs Nicky Dracht receiving her voucher from Wilma Pellissier.

On the 16th March, MacLife White River hosted an Open Day Show Unit at Macadamia Care White River.

The day was a huge success. It was an opportunity for residents to view and discuss Life Rights options, meet other residents and have some homemade eats with freshly brewed coffee and tea.

Wilma Pellissier, our MacLife Property Sales and Placement Facilitator, arranged a draw for two people to win vouchers for a meal at a local restaurant.

The lucky winners were Mrs Nicky Dracht and Mrs Anneke Rouvoet. Well done!

For more information on MacLife, please visit the website shown directly below this article.

[www.macadamialife.com](http://www.macadamialife.com)



Another lucky draw winner, Mrs Anneke Rouvoet.



Adriaan and Anneke Rouvoet enjoying their prize!



A HAVEN OF PEACE & QUIET  
COUPLED WITH QUALITY CARE

With the help of our experienced Macadamia team, you can continue to focus on those things that bring you joy, while we provide you with the daily care and support you need.

Our facilities include

- State-of-the-art Care Centre
- Assisted Living Apartments
- Professional and Caring Staff
- Landscaped Gardens
- Transition Guidance and Assistance



086 622 5433  
[www.macadamialife.com](http://www.macadamialife.com)  
[info@macadamialife.com](mailto:info@macadamialife.com)



A Senior's  
Version of facebook

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.



Source: Anonymous (UK Newspaper)







- In April 2018, Ilanga & Limpopo Caterers launched the fanciful Healthy and Naughty option menu. The more adventurous residents do enjoy the new options immensely.
- On the 13 May 2018, we Celebrated Mothers and Women, and all the MacCare Ladies were given a surprise from Ilanga Caterers, and received freshly baked cookies, decorated in florals from The lunches served on the day were varied between Hearty Oxtails and Succulent Lamb Roasts.
- On 19 May 2018, we held a fabulous high tea for the MacCare Centres to celebrate the Royal Wedding.



# Long Service Awards



macadamia care  
people who care about people



We congratulate Sr. Petro Hunt and Patricia Chiloane on 10 years of service with Macadamia Care. Thank you for your hard work, loyalty and commitment not only to our residents, but to your fellow team members and your local community.

We look forward to celebrating another 10 years with you!

Winter Special!

# SAVE R2000



on selected

ReSound GN

Hearing Devices

*(T's & C's apply)*



kind2hearing

Coetzee Woolman & Associates: 0304115

Tzaneen: 015 307 1800 | Polokwane: 015 065 0822

Nelspruit: 013 755 1331 | Crossings: 013 010 1278

www.kind2hearing.co.za



# Macadamia @The Aloes goes to the movies

## - A letter of Thanks.

Liewe Ansie

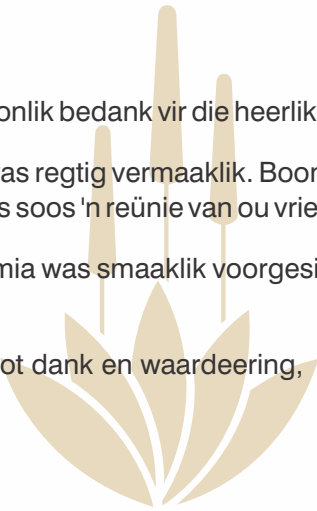
Ek wil jou net persoonlik bedank vir die heerlike bederf van die bejaardes, Donderdag.

Die film "Susters" was regtig vermaaklik. Boonop was die geldjie vir 'n versnappering baie bedagsaam. Die samesyn vooraf was soos 'n reünie van ou vriende.

Die ete by Macadamia was smaaklik voorgesit in die stylvolle nuwe eetsaal. Ek was ook baie beïndruk met die fasiliteite daar.

Weereens, met groot dank en waardeerling,

Vriendelike groete  
Colleen Schalkwyk



### PROPSERV - LIMPOPO

*From Access To Accounting, We Service Properly!*

**Adrian Lucas**  
*Management*

**082 630 9600**

**Mail: [adrian@propserv.net](mailto:adrian@propserv.net)**

**Body Corporates  
Home Owners Associations  
Facilities Management**

**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.





## Are adult children legally responsible for the care of an elderly parent?

In terms of the common law (therefore, not in terms of statute), parents and their children have a reciprocal duty of support towards one another. The considerations that apply in respect of a parent's claim for maintenance against his/her children are similar to those of the more common claim by children against their parents.

Therefore, your parent must have a need for support (she must be unable to provide in her needs herself, financially). Once the need is established the duty then rests on her children, jointly and severally, to provide the necessary support in proportion to their own financial means. Therefore, each child will not necessarily be obliged to contribute equally, but only to the extent that they are able to.

It is also important to note that even if the parent's needs exceed the reasonable ability of the children to support her, a court will not make an order in excess of what the children can reasonably afford.

Maintenance is also just about financial support. A child cannot be compelled to actually care for the parent.

Source [Mike Otis, Legal Advisor](#)



- We specialise in providing a fast and easy emergency response – through our unique “press and speak” mobile alert and response service.
- You can maintain your independence while having the peace of mind that you are one push of a button away from assistance.
- 24/7.... anywhere in your home.
- We combine custom-built technology with highly skilled operators and specialised response teams to ensure around the clock emergency assistance.

**Call: 0861 140 141 or your Care Centre Administrator**



**Nelspruit - Our Long Serving Employee,**

*Patricia Chiloane*

Laundry Africa would like to Congratulate & Honour Patricia Chiloane who just completed 10 years of service as a Cleaner/Laundry assistant at Macadamia Care Centre and Laundry Africa.



Patricia started working for Macadamia on the 01st March 2008 and continued with Laundry Africa from 01st September 2016 after Laundry Africa took over the cleaning and Laundry services as a contractor.

It is a known fact that the most important resource in any organisation is its employees.

We thank you for your hard work, dedication and loyalty. We look forward to your ongoing contributions and a bright and successful future together.

[www.laundryafrica.com](http://www.laundryafrica.com)

***In an emergency  
you need to get it right***



**Providing life-saving support services to Macadamia Villages**



When somebody has just been diagnosed with Dementia (including Alzheimer's Disease which is one of the many types of dementia), the news may be upsetting for both the individual as well as their loved ones.

The changes that have already been visible are anxiety provoking and therefore it is natural to be concerned about what lies ahead.

However, the first important step has been taken: getting the diagnosis. If you are the primary care giver or an involved family member, there are steps that you can take immediately to make life a little easier.

### Step 1 Recognise that you are going through a variety of emotions

The news of the diagnosis and the changes it may bring will cause you to have a variety of feelings ranging from anger to denial, embarrassment, frustration, fear, sadness and guilt.

These emotions are absolutely normal and common among caregivers. They may come and go. Sometimes people get depressed. If you are overwhelmed with your feelings and battling to deal with them, talk to your doctor.

It is important to be aware that the person who has been diagnosed with the disease as well as other family members may well be experiencing the same emotions.

### Step 2 Learn about Dementia

Learn as much as you can about the disease as well as providing care. Find out how the disease can affect a person, what changes you can expect and how you can provide help and support to maintain the person's independence and quality of life. Share this information with those closest to the person, such as family members, friends and co-workers. It will help them understand.

Contact Dementia SA for useful information and resources or visit our website at [www.dementiasa.org](http://www.dementiasa.org).

### Step 3 Recognise that the disease affects a person's abilities

Dementia progresses over time. It affects how the person functions on a day to day basis. Learn about the changes that the disease will cause so that you have realistic expectations of the person's abilities. Ask the person directly how you can assist them to stay independent and maintain a sense of control. It isn't always easy, but all caregivers agree that PATIENCE is vital to maintain.

### Step 4 Don't lose sight of the person

No matter how the disease affects the person, it is important to treat them with dignity and respect. Although certain abilities will be lost, the person's feelings and emotions will remain as will the need for companionship and belonging.

Provide activities and interactions that bring a sense of joy and celebration.

### Step 5 Explore the treatment options

There is currently no cure for any of the dementia's. However, medications are available that can assist some people with some of the symptoms. Discuss the risks and benefits with the person's doctor.

### Step 6 Recognise that caregiving can take its toll

Providing care to the person with the disease can take its toll. While caregiving can be a very rewarding experience, caregivers are often at risk of physical and emotional problems. Those who provide care should be aware of this and take steps to care for themselves. Maintain good physical health, stay active and make healthy food choices. Find time for enjoyable activities.

### Step 7 Seek help

Contact Dementia SA to find out what help is available. Practical services like help with household or caregiving tasks are readily at hand. It is good to draw from a network of family and friends who are willing to lend support.

To determine what help you need, think about your strengths and weaknesses, what you need and what would help you in your caregiving role. Family and friends may want to help but often don't know what to do. Figure out who might be able to help and then ask for assistance.

Be aware of what help is available. Dementia SA can assist.



# 10 ABSOLUTES in Dementia Care

## Step 8 Develop a support network

Find people whom you are comfortable with to share your feelings and emotions. It may be a member of your family, a good friend, members of a support group or somebody at Dementia SA. The important thing is to find an outlet where you can express your feelings. Caregivers often become isolated and lonely, so it is important to stay connected to the people around you.

## Step 9 Plan for the future

Support the person in planning for the future.

Decisions about work and personal issues need to be made while the person is still able to be involved in the decision-making process. Help get all paperwork in order if it isn't already. Ensure that someone has been chosen to make financial and health – care decisions where the person is unable to do so.

Make certain the individual has talked about health care decisions or has documented his or her wishes. Legal and estate planning should also be discussed.

Create an alternate plan should you be unable to provide care.

## Step 10 Know that Dementia SA is here to help you in the following ways:

- Giving you information that you need to learn about the disease, caregiving and coping strategies.
- Providing support through a telephone counsellor or a support group.
- Getting a MedicAlert Dementia SA bracelet with identification to ensure that should the person get lost, there is help at hand.



### DEMENTIA SA

021 421-0077/78 or 021 4185888

**NATIONAL HELPLINE:** 0860 636 679

[info@dementiasa.org](mailto:info@dementiasa.org) • [www.dementiasa.org](http://www.dementiasa.org)

1. Never **ARGUE**, instead **AGREE**
2. Never **REASON**, instead **DIVERT**
3. Never **SHAME**, instead **DISTRACT**
4. Never **LECTURE**, instead **REASSURE**
5. Never say "**REMEMBER**", instead **REMINISCE**
6. Never say "**I TOLD YOU**", instead **REPEAT/REGROUP**
7. Never say "**YOU CAN'T**", instead **DO WHAT THEY CAN**
8. Never **COMMAND/DEMAND**, instead **ASK/MODEL**
9. Never **CONDESCEND**, instead **ENCOURAGE/PRAISE**
10. Never **FORCE**, instead **REINFORCE**

Jo Huey, Alzheimer's Disease Help and Hope

## A note from Macadamia Care

**Please remember to pay your levies into the correct account.**

The account details can be found on your invoice. We would like to request that all those who do not yet make use of the Debit Order system for your levy payments, have this put in place and for those who are already have their Debit Orders set up, please ensure that you update the banking details for your payments.

**Get involved in your local Care community.**

Should you wish to find out more about what community organizations are linked to the Macadamia Centres, what services they offer, contact details and a schedule of events, please enquire at your Care Centre. Our friendly Care Centre Administrators will assist you with more information.





## Mataffin Macadamia News

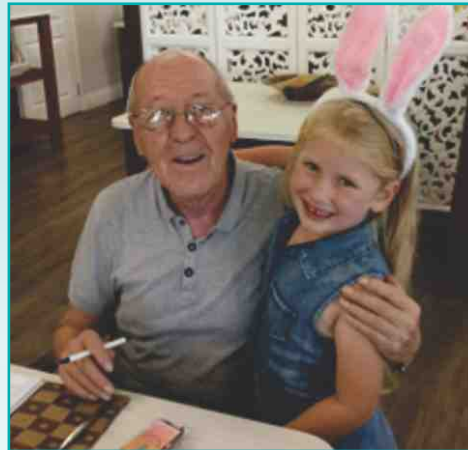
Thursday 22nd March was a chilly day on which to have the first Wellness Day at Mataffin Macadamia, but the heartfelt warmth of the event soon cheered everyone up.

Ten stalls, including Clicks, Mopani Pharmacy and Torga Optical, set up and the Care Centre staff were available to check blood pressure and tell people about the services

they offer. Despite the cool weather, many people ventured out to visit the stalls and chat to the wellness specialists. John North got toes tapping with his music, and the generous supply of eats warmed up the tummies! Sister Landi Bezuidenhout worked hard to organise the Wellness Day and deserves a round of applause.



Residents in the Care Centre and Assisted Living Units enjoyed a little treat at Easter when the Mataffin Care Buddies visited to hand out bookmarks and chocolates. There was even a little bunny eager to deliver Easter cuddles which was much appreciated by the recipients.



**General enquiries**

**080 622 2273**

**info@macadamiacare.com**

**www.macadamiacare.com**

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

