



Dear Macadamia Customers and Staff

Once again, the year is off to a quick start, Valentine's Day has come and gone and the Easter eggs are already hitting the shelves! With time marching on we are encouraged by some positive changes within South Africa over the past 12 months and we hope for more after the National Elections in May 2019.

Over the course of the past year, we have seen several changes within our Care Centres - goodbyes to familiar faces and the welcomed energy of new residents and staff. We are proud to say that the operations of all five Care Centres have completed their first full financial year under the MacCare NPC brand. We have seen vast improvements within our administration departments and we continue to search for ways to improve both our service to residents and our staff.

The year has not started off without some unique challenges. The National Minimum Wage Act took effect on 1 January 2019. The Minimum Wage has been in discussion for many years and we are glad to see this increase benefiting many of the lower income earners across the country. MacCare is extremely proud of all our staff and believe our Care Workers to be the core of the Care Centre environment. Despite the challenges, we are happy to comply with legislation and to support our Care Workers in this way.

The Macadamia Foundation Trust is hoping to make a further impact this year through its various funds. The Resident Assistance Fund (for those residents that fall on hard times) and the newer, Care Worker Bursary Fund

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(explained in greater detail later in this Newsletter) complement the existing Memory Centre Research Fund. We believe all these funds will play an integral part in supporting the dignity and upliftment of both staff and residents. Should you wish to contribute to these funds in any way, please contact your local Care Manager and they will put you in touch with the relevant person.

We are confident that 2019 will be a better year for all and we look forward to building deeper relationships with our staff and residents throughout the year.

Best regards,
The Macadamia Care Board

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



Life Rights in Retirement

What are they & what do they offer?

Life rights are becoming an increasingly popular option for retirees around the world. The benefits are many and it provides a great alternative for those looking for a lifestyle change in old age. In many cases, the concept of Life Rights is misunderstood, which is why we've put together this quick guide with all you need to know about Life Rights and how they work.

What are Life Rights?

Unlike buying a unit in a complex, life right schemes allow buyers to pay a capital contribution which affords them the right to live in the unit for the rest of their lifetime, or until they leave the home.

While the life right option is not regarded as a property investment, the structure guarantees a safe place to live with added benefits that cater specifically to the needs of elderly people and ensure that the best care is readily available.

What happens to the Life Rights when you leave?

Because the contract is protected by Law, you get the lease money back in its entirety when you leave. In other words, when the agreement terminates, you, or the person you nominate, will receive back the price you paid. There is no VAT, transfer duty or registration fee involved.

Please note that the above statement applies directly to Macadamia Life.

Life Rights with Macadamia Life

Macadamia Life has two Life Right villages, one in White River and another in Polokwane. These two villages offer bachelor and one-bedroom units close to the Care Centre. When you purchase a Life Right through Macadamia Life, you will receive a range of benefits.

These include:

- Care Services in the same village (both Home-based care and Care Centre care, as needed).
- A breakdown of the levies and estimated increases for two years following the year of purchase.
- The Levies cover:
 - Management and administration,
 - Care availability,
 - Clinic services,
 - 24 Hour emergency response,
 - 5 days respite care per year,

- Main meal per day,
 - Weekly laundry,
 - Weekly domestic service and;
 - Personal water costs.
- Life Right residents receive 15% discount on permanent accommodation in a Macadamia Care Centre (Frail Care or Memory Care where available).
 - You have no responsibility for exterior building maintenance, building insurance, or rates and taxes.
 - A Managing Agent manages the Life Right village and deals with all administrative matters.
 - The properties are well built, as they are designed to last through a series of Life Right tenants over many years.
 - The Capital amount owed to you remains a nest-egg for possible use should you require care in the Care Centre.
 - Should you wish to move to another MacLife village, units can be swapped with relative ease, subject to availability and resolving price differences.

If you have questions regarding Life Rights, or wish to view a Macadamia Life unit in one of our villages, please contact us on 080-MACLIFE (080-6225433) during normal working hours.

macadamia life

**A HAVEN OF PEACE & QUIET
COUPLED WITH QUALITY CARE**

LIFE RIGHT UNITS TO LET
Available in Polokwane & White River

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
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macadamia life macadamia care



Make Your *Golden Years* Your *Best Years*

Top 7 Hobbies For Retirees

After decades in the workforce, retirement offers the chance to relax and settle into a new way of living. But for some, retirement can be unsettling - finding out what to do with all this extra time can be a little daunting. We believe that retirement is the perfect time to explore new hobbies, engage with new possibilities, and learn new skills.

**If you're feeling a little stumped for things to do,
take a look at our list of the top 7 things to do when you're retired.**

1. Travel

Early retirement is the perfect chance to get to that bucket list! With no commitments and all the children out of the house, travelling in the early years of retirement is a dream come true for many. Whether you choose to spend a few weeks exploring the beautiful Mpumalanga region in a camper van, or you choose to jet set across the globe - travel is an eye-opening and rewarding experience for all.

2. Exercise

One of the best ways to make sure you get the most out of your golden years, is to keep your mind and body fit and healthy! Whether you choose to pick up a new sport, join a local running club or try your hand at water aerobics - exercise is an excellent way to spend your time!

3. Cooking or baking

Now's the perfect chance to let your inner Jamie Oliver into the kitchen! Grab yourself some cookbooks and recipes from your friends, and start making recipes that really appeal to you! Spending time in the kitchen is a great way to experiment with the foods you love while rewarding yourself and your loved ones with delicious treats and meals.

If you've always wanted to try your hand at bread-making - check out the Irish Soda Bread recipe at the back of the newsletter.

4. Arts & Crafts

Painting, woodwork, cross-stitch, knitting and pottery are all examples of great arts and crafts hobbies to try. Trying new artistic and creative endeavours helps keep your mind active while bringing extra colour to your life.

5. Clubs or associations

There are clubs and associations that specialise in providing social activities like weekly card games, and lawn bowls for retirees. If there isn't one in your area - why not make your own with your neighbours?

6. Volunteer

Using your free time to give back is one of the most rewarding things to do during retirement. Not only does volunteering enrich your life, but it can change so many lives for the better. Look for opportunities where you can make a difference, whether that's at a local charity, or even at your local Macadamia Care Centre - we would love to have you!

7. Mentor

All of those years spent in the workforce shouldn't be forgotten during retirement - being a mentor is the perfect way to pass on your years of knowledge and experience to the next generation, while interacting and engaging with new and exciting people. Who knows - you may even start earning an income from mentoring! If you are interested in mentoring, please speak to your local Care Manager and we will very gladly explore the options with you and link you up with people who are looking for mentors.

Retirement can be one of the most fulfilling and productive years of your life. Choosing a hobby that brings joy and excitement to your life is sure way to make sure your golden years are lived to the fullest! Go on - choose one and get started today, you won't regret it!



A Day in the Life of MacCare Residents

Valentine's Day at Tzaneen Care Centre

Valentine's Day was a real treat for our residents! Here's a sneak peek into the day's events at Tzaneen Care Centre. The residents and staff felt loved, valued and appreciated! The food was delicious, too!



Mad Hatters lunch at Nelspruit Care Centre

This Mad Hatters themed lunch had the residents and staff at Nelspruit Care Centre in stitches. We loved seeing everyone dress up and enjoy delicious food!



Children from Dasha school visiting Mataffin Care Centre

The residents absolutely loved having the children from Dasha School visit for the morning! They shared laughs, smiles and sweet treats! We love seeing our resident's lives enriched in such unique ways.



Valentine's Day at White river Care Centre

Valentine's Day was a real treat for the folks at White River Care Centre! With the garden decorated beautifully, the residents and staff felt valued, loved, and appreciated.



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 Facility in Planning
- ⊙ Home-based Care



MACADAMIA



CARE CENTRE

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3 YRS TO BUILD | ONLY 26 LEFT



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It is certainly true to say that Careworkers are the foundation of all Care Centres and the front line in supporting MacCare clients, both in Macadamia Care Centres as well as in the independent and Assisted Living homes within Macadamia Villages. MacCare NPC has a stated strategic objective to improve the lives of our Careworkers, and to this end has been in discussion with the Macadamia Trust and other parties to find ways to make this objective a reality.

The Macadamia Foundation Trust is pleased to announce the launch of its bursary scheme as part of the "Care for Carers" initiative that is underway in MacCare NPC.

This scheme is open to all Careworkers that have been with MacCare for more than six months, and is aimed at assisting Careworkers with their children's school fees and their own further studies in care-related fields.

Applications open on 1 March 2019 and close for consideration on 31 March 2019. This scheme has been made possible through a generous donation by a supporter of the Macadamia Foundation.

Application forms, together with the terms and conditions of the bursary scheme will be available from all Care Centre Administrators from 1 March 2019. Assistance in completing the application forms will be available to Careworkers from the senior staff at all Care Centres.



Ilanga Caterers



Macadamia White River Celebrated Valentine's day in the Care Centre Garden, residents took along their own wine to celebrate Valentine's and dressed up in red and white. They enjoyed soft and tender T-bone steak and boerewors straight from the braai accompanied by fresh salads. For dessert, the Pavlova pudding was a delicious treat.



Macadamia Nelspruit Celebrated emoji day, they had a lovely summer lunch which consisted of assorted cold meats and salads and the sweet chocolate cupcakes with emoji toppers was definitely a hit. Tables were decorated with black and bright yellow.



How to Downsize for Retirement

In the literal sense, downsizing can mean moving to a smaller house or traveling light, but it can be so much more than that. After collecting “stuff” for a lifetime, downsizing offers the perfect chance to sift through your belongings and decide what is really important to you. For many, downsizing offers the chance to free up time and “lock up and go” whenever they want.

We know that the idea of sorting through all your belongings can be daunting, which is why we've put together these handy tips to make it easier!

1 Take an inventory

The first step towards downscaling is to make a list of all the categories of things you own, including things in storage. As you create the list, note things that you have duplicates of - and note whether or not you would like to keep or give away the duplicates.

2 Create a starting zone

Once you have your list, it's time to dive in. Start by creating an area in your home where you will do all the sorting. This way, the rest of your house can still stay in order while you declutter and get rid of unnecessary things.

3 Decisions, decisions, decisions

Once the sorting process has started, you will need to decide what you'd like to keep, throwaway, sell or give-away. It is helpful to have dedicated boxes ready for the various options. And before you let your sentimental side get in the way, use the “6 month test” to decide whether or not you need to keep the items. If you haven't used something in the passed 6 months, it's probably not important.

4 Break it down

Downsizing doesn't happen overnight. It can take months to sort through all your belongings which is why it is important to set yourself a timeline. Instead of trying to tackle everything at once, dedicate certain times of the week to work through a certain room or area. Even 45 minutes a day is enough!

5 Downsizing is fun when shared

Don't tackle the job on your own! Get family and friends involved - you can serve dinner, cheese and wine and tell them that they can keep anything that ends up in the giveaway box.



6 Take a positive approach

Don't think of downsizing as getting rid of everything that won't fit into your new home, think of it as saving what is really important to you and your new life. If something isn't needed by you anymore, then let someone else benefit from it.

7 Enjoy the new, lighter you!

Whether you move across town or to a new country, once the downsizing has been done, it's time to start embracing hobbies and activities that you've always wanted to! Enjoy the freedom and get started on ticking off that bucket list!



Mataffin Macadamia
Lifestyle and Assisted Living Village

SENIOR LIFESTYLE FOR INDEPENDENT LIVING:

- 2 BEDROOMS
- 1 BATHROOM
- OPEN PLAN KITCHEN/ LOUNGE/ DINING ROOM
- VERANDAH
- BUILT CARPORT

R 1 387 060

NEXT PHASE OF SENIOR LIFESTYLE:

- 2 BEDROOMS
- 2 BATHROOMS
- OPEN PLAN KITCHEN | LOUNGE | DINING ROOM
- VERANDAH
- BUILT CARPORT

R 1 699 400



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Life is like a Garden

Top Trend Article

An Introduction to Hydroponics

Hydroponic growing methods
for bountiful harvests

Growing your own wholesome food needn't require soil or compost. Hydroponics offers a solution to bountiful harvests in small spaces requiring no soil. Hydroponics is one branch of an exciting growing method called hydroculture - growing plants in mineral and water solutions, supported by gravel or perlite. Here are the 6 ways you can start your own hydroponics growing system.

- **Wick Systems** - This is a great method to start with because it uses pump/irrigation-free methods of feeding the nutrients to the plants. In this instance, a reservoir below the plants contains water and the mineral solution. Via a wick, the capillary movement of the plant's roots will pull the minerals into the grow tray, where the plant can assimilate it.

- **Deep Water Culture (DWC)** - The plant is suspended in deep water that is well-oxygenated and enriched with minerals. An air pump and an air stone are necessary to provide the plant with the oxygen needed to prevent suffocation.
- **Nutrient Film Technique (NFT)** - This is an active system, it contains moving parts. This is the most commonly used growing method for large-scale agriculture. Plants are grown in a substrate like perlite or gravel (in some cases, no substrate is used - the roots are in the solution directly). The nutrient-dense water is then pumped to run in a stream over the roots of the plants.
- **Ebb and Flow (Flood and Drain)** - The plants are grown in a substrate with a water reservoir below. Mineral-dense water is pumped and used to temporarily submerge the substrate, before running through and refilling the reservoir.
- **Drip Systems** - This active system uses an air pump, an air stone, and a nutrient pump. It moves the water from the reservoir below the plants upward, to drip down on the plants using a dri line and drip manifolds.

Visit your local GCA Garden Centre for the best advice and elements to put these systems together!

Irish Soda Bread

If you thought bread-making was a time-consuming affair, think again! This Irish soda bread takes only 15 minutes to prepare and only 45 minutes to bake. It is the perfect addition to any meal time and offers a delicious snack for the whole family. And you only need 4 ingredients!

You'll need:

- 4 cups of cake flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- 525 ml buttermilk



Method:

- Preheat the oven to 220°C. Lightly grease and flour a cake pan.
- In a large bowl sieve and combine all the dry ingredients.
- Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (not too much or all the gas will escape). It is important to work quickly, as once the buttermilk is added it begins to react with the bicarbonate of soda and begins to rise.
- Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.
- Cover the pan with another pan and bake for 30 minutes. Remove the cover and bake for an additional 15 minutes.
- The bottom of the bread will have a hollow sound when tapped to show it is done.
- Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

There you have it - an easy, quick and delicious bread recipe! Our advice is to eat the bread on the day of baking, or store it for toasting the next day.

