



## Dear Macadamia Customers and Staff

Winter has officially arrived and we are thoroughly enjoying the cooler weather. As we reach the halfway mark for 2019, we are excited to see what the rest of the year holds for us. In particular, we trust for a bright future for South Africa under the leadership of President Cyril Ramaphosa.

In an effort to continue improving our services, we held our annual Care Workshop in Magoebaskloof in the middle of May, which was attended by all of our Care Centre Administrators and Care Managers. We feel extremely positive about the outcomes of the workshop and look forward to seeing our plans set into action in the coming months.

The Macadamia Foundation Trust is happy to announce the first winner of the bursary scheme, Simphiwe Maseko, son of Busisiwe Maseko, a valued Care Worker from Macadamia Care, White River. The tuition for his Matric year will be fully paid for by the fund. This gesture to our loyal staff has only been possible through a generous donation of R100 000 to the Education Fund by one of the Macadamia Village families.

In other news, we'd like to remind you of the range of activities offered at each of our Care Centres. From Bingo, to board games, knitting circles, and sports days, these activities are designed with you in mind and we would love more residents to get involved. If you have an idea of a weekly or monthly activity that you'd like to take part in, please speak to your local Care Manager. For those of our residents that are more active, we encourage you to get involved in a Care Buddie network to assist those less mobile in our Village.

### General enquiries

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

INDEX	Page no.
The Care Availability Levy Explained	2
Governance of the Macadamia Foundation Trust	3
A Day in the Life of MacCare Residents	4
Making Memories at Mataffin Macadamia .....	4
White River Care Centre .....	5
Nelspruit Care Centre .....	6
Tzaneen Care Centre .....	6
5 Foods That Help Reduce Joint Pain	7
MacProps: Efficiency and Cost Savings for Macadamia @ The Aloes	8

We are confident that the rest of 2019 will be filled with positive outcomes, we look forward to building deeper relationships with our staff and residents throughout the year.

Best regards,

The Macadamia Care Board





# The Care Availability Levy Explained

- In the event that the Care Centre is at full capacity, provide the necessary services to Clients in their homes at a discount of 15% until such time as a room is available.
- A range of additional care services in the homes of residents of the estate, based on the care requirements of the residents as assessed from time to time by the Service Provider at the request of the client. All such services will be provided following acceptance of written quotations by the Service Provider, based on the latest schedule of care service prices.

It has come to our attention that many residents aren't fully aware of the benefits they can receive for their monthly Care Availability Levy. It is important to note that residents are entitled to receive the following services according to Clause 9 of the Individual Care Availability Agreement:

- Daily wellbeing check, if so requested by Clients and as noted in clause 4.3 of *Annexure 1: Schedule of Particulars*.
- Emergency response 24/7 from a national call centre via a dedicated emergency response system. The call centre will assess the emergency and dispatch responders as well as notify the Care Centre staff and family members as appropriate. The form shown in *Annexure 6: Call4Care User Information* is used to gather the necessary information regarding the residents being cared for.
- Monthly Clinic Services at the Care Centre (usually between 10h00 and 11h30 on Tuesdays) for the development of a care plan for each Client through monitoring of vital health indicators and regular assessment of the Client in terms of Care Service needs as follows:
  - Blood pressure
  - Blood sugar (Glucose)
  - Weight
  - Urine (as needed)
  - Brief interviews as required
- 15% discount on the published external rate for full time residence (Attentive Care) in the Care Centre for all owners of property and tenants that have been in occupation of the same unit for a minimum of 6 (six) months.
- 5 days Respite Care in the Care Centre per annum per unit (not per occupant), based upon and subject to an assessment by the Service Provider staff.

We understand there has been a number of challenges with Call4Care, which we are in the process of resolving. All residents that have not received the newest Care Phone will receive it during the months of May - July 2019. It is vital for all residents to test their Call4Care unit weekly by pressing the red button and checking that Call4Care responds immediately. If they do not, please inform one of the MacCare staff who will contact Call4Care personally.

Secondly, it is our understanding that some Assisted Living residents have the old panic buttons. It has been mentioned previously that this is an old outdated system that cannot be relied upon. We replaced the infrastructure with the Call4Care system. If you have one of these panic buttons, please return it to your Care Centre immediately.

Mentioned in the services listed above, everyone is entitled to one 30-minute consultation on a monthly basis. If you are uncertain about whether you should go to the doctor, then please make an appointment with your Care Manager or one of the other senior nurses who will be happy to advise. While the levy allows for one visit a month, you can request further consultations at anytime. Please note, if there are consumables used, i.e. glucose strips, bandages, etc., these will be for your cost, which can be paid with cash or simply added to your account and paid together with your levy. A full price list of the services offered is available at the Care Centre.

If you have any other questions or concerns about the Care Availability Levy, please don't hesitate to contact your local Care Administrator.



In recent editions, you as beneficiaries of the Macadamia Foundation Trust, have been introduced to the five Trustees. We thought it timeous to detail the responsibilities of the Trustees.

**The role of a Trustee** is to manage the trust's assets, a significant responsibility; as is the case with many of you in your role as Trustees of Family Trusts.

The fiduciary **duties of the Trustees** include a duty of loyalty, a duty of prudence, and various subsidiary **duties**. The duty of loyalty requires that the trustee administer the trust solely in the interest of the beneficiaries and in accordance to the objectives of the Trust as detailed in the Trust Deed.

*The Trustees shall stand possessed of and shall be responsible for the administration of the Trust Fund and the application thereof and income accruing thereto in accordance with the objects referred to above, with power to retain the same or any portion thereof (subject to the proviso herein contained) in its then form and from time to time to invest or reinvest or otherwise deal with the Trust Fund as they are entitled or obliged to do in terms of clauses 10.2 and 10.3 below and subject at all times to the provisions of Section 30 of the Income Tax Act.*

As extracted from the Macadamia Foundation Trust Deed:

## OBJECTS OF THE TRUST

As part of the Founder's commitment to provide facilities, activities and residential care to elderly and retired Beneficiaries, the Trust shall have as one of its primary objects to hold and manage the assets for the benefits of the Beneficiaries.

“Beneficiary”, any natural persons who are a resident or may have been a resident of any Macadamia Village at any time who are deserving of financial assistance and not in a position to care for themselves, and/or care workers who have been employed by the Trust and/or MacCare, in-cluding their dependants who are deserving of financial as-sistance. Such natural persons to be identified and assisted by the Trustees in their entire and absolute discretion.

To establish a special fund in the Republic of South Africa to receive irrevocable and unconditional payments and donations from any person or entity in order to:

- provide for health care facilities, residential and other care facilities, and aids used for elderly persons who are financially unable to do so, as well as provide for ancillary activities which serve to promote the interests and well-being of these elderly persons.
- provide financial assistance to long standing care workers when they reach pensionable age and require financial assistance.
- provide financial assistance for the educational and/or training needs of care workers and/or their dependants, who are deserving of such assistance.

Both as founder and founding Trustees appointed to the role and responsibility, we envisage such a foundation to become with time the envy of many a retirement development and facility in South Africa.



## Understanding the MacLife Levy -

### Applicable Only to Life Right Holders Within MacLife Units

The levies that residents of MacLife units pay monthly are very similar to the levies that other residents of Macadamia Villages pay, but with certain exceptions that are important to note:

- MacLife residents do not pay anything towards the maintenance of the building exterior
- MacLife residents do not pay towards building insurance costs

Both of these cost components are payable to the Body Corporates of Sectional Title units, however, in the case of Life Rights bought through Macadamia Life, these costs are borne by the Life Right Company.

While not a levy component, the following should be noted:

- MacLife residents do not pay rates and taxes – this is covered by the Life Right Company

In all other respects, levies in a MacLife unit are much the same as those when living in any other form of Assisted Living housing in Macadamia retirement estates.



# A Day in the Life of MacCare Residents

## Making Memories at Mataffin Macadamia

The farming roots at the heart of Mataffin Macadamia underscore the active community life enjoyed by residents of the village. A broad range of events held throughout May kept everyone in the Care Centre engaged and busy, making the most of a lovely autumn.

### Alzheimer's South Africa Workshop

There is currently no cure for Alzheimer's disease but with new cases reported daily, caring for Alzheimer's patients is becoming the norm for care centre staff. A two-day Alzheimer's workshop, hosted by Alzheimer's South Africa, was held at Mataffin to spread awareness and educate staff about the challenges of living with dementia. There is no doubt that caring for people living with dementia demands a special awareness and understanding by everyone involved. By creating awareness of this fast-growing disease and providing the skills to cope with it, the workshop captured the interest and excited the care centre staff who were pleased to learn more about the disease and how to positively interact with those in their charge.



### National Election Day

Everyone likes to have their say and the residents of the Care Centre and Assisted Living are no different. The IEC went to great efforts to enable residents to make their mark on the 8th of May, National Election Day, easily and comfortably by setting up a voting station in the Care Centre. Quick sticks, folks popped in, ticked the boxes and emerged smiling, brandishing their thumb 'tattoos' with pride. Judging by the smiles, voting has never been this much fun!



## Easter Day

Who says Easter egg hunts are for the little ones? Proving that age doesn't matter, residents embarked on an exciting Easter egg hunt on Friday 19th April. After gathering their loot, they spent the rest of the morning creating crafty Easter goodies. There were no limits to their colourful creativity and the results were egg-citing. Sadly, no-one caught a glimpse of the crafty Easter Bunny, who evaded detection.



## Mother's Day

The wonderful Care Buddies hosted a special Mother's Day tea on the 16th of May in honour of all mothers. This was a happy and joy-filled morning for all the residents who attended, reminiscing about sleepless nights, school lunches, Matric dances and all the other worries every mother has but manages to survive. And how we miss them once they are over!



## at White river Care Centre

### Donated blankets



The ladies of the knitting circle at MacCare White River donated their lovely crafted blankets to victims of Cyclone Idai in Mozambique and to some local car guards. The gifts were received with open hands and big smiles!

### Easter

The residents at White River Care Centre loved their themed Easter meal. The food was delicious; it was the perfect way to celebrate such a beautiful day.



# A Day in the Life of MacCare Residents

## at Nelspruit Care Centre

Bingo is always a lively affair at MacCare Nelspruit. We love seeing our residents getting so involved in extramural activities.

# BINGO



## at Tzaneen Care Centre

The quarterly resident meetings started off with a bang with the first talk presented by Reflexologist, Glynnis Steyn. The residents found it very interesting and all look forward to engaging with more speakers at the next meeting.



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

# A Safe haven

YOU CAN CALL HOME



MACADAMIA



CARE CENTRE



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# 5 Foods That Help Reduce Joint Pain

If achy knees, stiff hands, and sore shoulders are something you experience often, you are not alone. Joint pain is a common ailment experienced by people of all ages, often caused by extreme inflammation in the body. And while joint pain is common, it shouldn't be something that stops you from living your life to the fullest. There are many remedies to help reduce joint pain and inflammation, including adding anti-inflammatory foods to your diet.

Yes, you read that correctly! Food has the power to heal! There are a number of compounds found in certain foods that are proven to reduce inflammation and pain in the body. And on top of this, a balanced, nutritious diet will give the body the tools it needs to prevent further damage to the joints. Let's take a look at some of the foods you can start adding to your diet to help fight inflammation and prevent disease.

## 1. Fatty Fish

Fatty fish like salmon, sardines or mackerel are rich in omega-3 fatty acids which have anti-inflammatory properties and have even shown to improve symptoms in people with osteoarthritis.

If you prefer not to eat fish you can take supplements that contain omega-3 instead, such as fish oil, krill oil, or flaxseed oil.

## 2. Dark Leafy Greens

Vegetables like spinach, kale and chard are packed with vitamins and other nutrients that have been found to reduce chronic inflammation. Vitamin A, vitamin D, vitamin E and vitamin K, just to name a few, have all been shown to fight inflammation and reduce joint pain.

## 3. Turmeric

Turmeric isn't exactly a food, but it may just become your new go-to spice. Curcumin, the yellow-orange

pigment in turmeric, is said to be a strong anti-inflammatory agent. A recent study conducted by the University of Arizona found that the curcumin can help protect against joint deterioration and inflammation caused by rheumatoid arthritis.

## 4. Garlic

Not only does garlic add great flavour and depth to food but it can also help reduce inflammation while stimulating the body's immune cells. So next time you're cooking up a storm in the kitchen, be sure to add a little extra garlic to the mix.

## 5. Pineapple

We know that pineapple is rich in vitamin C, but did you know that it is actually an anti-inflammatory all-star because it contains bromelain. According to the Arthritis Foundation, bromelain has also shown it to be effective in reducing inflammation related to rheumatoid arthritis.

So there you have it, food really does have the power to heal! Try adding these foods into your diet and experiment with different spices and flavours in the kitchen - your body will thank you for it!

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

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# MacProps: Efficiency and Cost Savings for Macadamia @ The Aloes



At the start of the 2020 financial year, the decision was made to transfer all of the MacCare Care Centre Administrators into Macadamia Property Services (Pty) Ltd. This was done to create greater efficiency and lower Body Corporate levies for residents within the Macadamia

The best way to explain this is to understand the economies of scale achieved at Macadamia @ The Aloes, Polokwane. Macadamia @ The Aloes is one of 3 estates within The Aloes Lifestyle Estate. Each gated community within The Aloes is governed by their own Homeowners' Association, under the control and auspices of the overriding Association, ALEMA (Aloes Lifestyle Estate Management Association). ALEMA is managed and administered by a professional and specialised Estate Management operator, PropServ (Pty) Ltd.

## Within Macadamia @ The Aloes, there are four separate organisations:

- MATA (Macadamia @ the Aloes) HOA, which governs the entire Macadamia village.
- Candelabrum Body Corporate, which oversees the Sectional Title scheme within the village.
- MacLife Bainsii Residents Association, the Life Right scheme within the village,
- MacCare NPC, the Care Company operating the Care Centre and providing Care into the village.

Susan Horn, the Care Centre Administrator, has a number of responsibilities over and above the administration of the Care Centre. Instead of simply billing Care Centre residents, Susan has taken on additional responsibilities, as listed below:

1. She bills all the residents their HOA/BC Levies on behalf of MATA, Candelabrum and Bainsii.
2. She bills all residents on behalf of MacCare NPC, whether that's Care Centre, Assisted living or Independent residents.
3. Susan also facilitates with the monthly inspection reports of the Care Centre building, which is either billed to MacCare for minor internal maintenance or to The Macadamia Foundation Trust, the owners of the building.
4. Susan is also the only point of call for residents that are querying their accounts or simply have a maintenance query within their unit or the public area.

With Susan administering these different associations, it is easy to achieve economies of scale and thus reduce the fees passed on to residents. Her involvement across the board benefits the unit owners directly, resulting in one of the lowest Body Corporate levies within Macadamia Villages. This example highlights the reason for our decision to transfer the administrators to Macadamia Property Services (Pty) Ltd. Our vision is for all the Macadamia Villages to function efficiently under the management of Macadamia Property Services (Pty) Ltd.

