

EVERGREEN *News*

JUNE | 2016



DEAR RESIDENTS

You'll have spotted by now that behind this affable MD persona lies a keen meteorologist who is always looking upwards. More early winter rains here in the Cape confirm that we'll soon be spending much longer indoors: and with indoors, there's torrential pleasure to be had.




Close friends contribute to our personal growth. They also contribute to our personal pleasure, making the music sound sweeter, the wine taste richer, the laughter ring louder and that's simply because they are there. This is one of the things that make village life at Evergreen so special.

In the last edition of Evergreen News we looked at the benefits of exercise. This month we'll be looking at the many health benefits associated with laughter. My good friend Mark Twain reminds me that against the assault of laughter, nothing can stand. You'll find out why it's the best medicine in our feature article. But first, a few updates on May's news.

KNOW YOUR TELECARE STATE-OF-THE ART UNITS

It has come to our attention that many residents are not fully aware of how to operate their Telecare units. Every home is fitted with a Telecare system in case of medical emergencies, with three buttons that denote the following:



-  **Blue:** Press this button when it flashes in the morning to confirm that you are safe.
-  **Yellow:** This button is connected to the duty nurse's cell phone.
-  **Red:** This button connects you to the Telecare control room in case of an emergency.

PLEASE NOTE: If an emergency arises and you press the red button, don't press any other buttons as this will cancel your emergency call. Please remember to test your Telecare unit regularly, at least once every month.

Telecare Workshops will be held on the following dates :

Bergvliet	13 June	10h30
Diep River	15 June	14h00
Broadacres	21 June	12h00
Muizenberg	21 June	15h00
Lake Michelle	28 June	14h00 (at boat house)



I am pleased to announce that the first phase of our consolidated digital connectivity project has been completed well ahead of schedule. With fibre-optic cabling installed to the clubhouse in all our villages, our staff will be able to improve efficiency.

Wifi to the clubhouses will be the next step in our journey towards delivering a more connected lifestyle.

Benefits to Residents include:-

1. WIFI in the Clubhouse supported by high speed, high-quality bandwidth, for email and browsing the web.
2. You can play Bridge or Chess along with a variety of games, quizzes etc. on the internet.
3. Residents in Phase 3 of Broadacres will be able to start applying for services on the fibre - including Showmax and Netflix - from 15 June 2016
4. Internet access to (almost) any radio station on the planet, with many free to air TV broadcasts.
5. High speed internet is also an enabler for those that might want to work from home.

Next month we'll be sharing the longer-term plans for our **CONNECT** platform.

LAUGHTER IS THE BEST MEDICINE

The Health Benefits of Humour and Laughter

It was the famous Scottish-American industrialist, Andrew Carnegie who observed "There is little success where there is little laughter."

Humour is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humour and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. **Best of all, this priceless medicine is fun, free, and easy to use.**

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Laughter is good for your health.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel good chemicals that promote an overall sense of well-being.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

PHYSICAL HEALTH BENEFITS

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

SOCIAL BENEFITS

- Strengthens relationships
- Attracts others to us
- Helps defuse conflict
- Promotes group bonding



THINK GREEN AT EVERGREEN

You don't have to be a tree hugger to recognise the benefits of conserving what's near and dear to us: our planet, our village, our homes.

Amdec is a founding member of The Green Council in South Africa and has approached all its public and private developments with sustainability in mind. Throughout the Group as well as at Evergreen you will find that we are striving to save energy and scarce resources via:

Recycling (paper, glass, garden refuse (compost) etc.)

- There are recycling bins in all our villages
- Residents are encouraged to make use of recycling facilities and to separate recyclable and non recyclable waste.



LED lighting

An initiative is currently underway that will see all our lights being replaced with LED alternatives. This will see a substantial reduction in our power demands.

Photovoltaic (solar) panels

Solar panel technology has advanced considerably since its formal introduction to South Africa in 2011 and we are currently conducting surveys to better understand where and how we can utilise this in our villages. We hope that there is sufficient, uninhibited space (typically on roofs) to position solar panels effectively and in order to maximise the sun's free energy.

Water harvesting

Bore holes, water desalination plants, rain water harvesting and water optimising devices (such as aerators in showers and basins) are under investigation and have the potential to reduce our water consumption by over 50%.

Village Life

MUIZENBERG: "On Broadway" Brings Out The Boas And The Best In The Blokes.

Evergreen Muizenberg hosted a Broadway show on 1 May that was attended and thoroughly enjoyed by over 80 residents. Some invited family and friends along too. The performance was done by Lainey Boonzaaier (singer) and Len Ward on keyboard. Residents were presented with a welcome drink on arrival, and everyone enjoyed a fabulous afternoon.



BERGVLIET: 60th wedding anniversary proves diamonds are forever

Evergreen Bergvliet residents Herman Poelmann and his wife Willy met in Cape Town and were introduced to each other by the Manager of the branch of the bank - when he took Herman around to meet staff members - on the 7th April 1952. Almost a year later Herman joined Willy's parents at a ball on the occasion of the Dutch Queen's birthday, but Willy was there with a partner. Herman loved dancing and Willy's partner did not dance much so they spent most of the evening on the dance floor together with Herman showing her the steps. Willy turned out to be a very quick learner; and they became engaged in 1955 and married in May 1956.

Herman acknowledges that whilst there were differences of opinion, the 7 career transfers over a period of 17 years, settling into new surroundings, new houses, new schools and new positions took a lot of patience, understanding and plenty of give and take. "But in the end we came through," is Herman's reminder of the challenges and joys of a partnership lasting 60 years. Congratulations Mr. and Mrs. Poelmann on your 60th (Diamond) anniversary. May life sparkle for many more years. We'll drink to that.



BROADACRES: Classic FM puts wine on the air at Broadacres.

Where better than Evergreen Broadacres for Classic FM to host their Friday evening Wine Show? Residents and guests of the show enjoyed this – the first Evergreen Outside Broadcast held at the Clubhouse on the evening of Friday 20 May. With cheese and biscuits to go with the wonderful wine, Classic FM presenter Carrie Adams and her team made certain that everyone enjoyed a relaxed, fun, and light-hearted show, where village management and residents contributed fabulously to the question and answer session. Now music lovers know all about Evergreen life at Broadacres.



DIEP RIVER: From Fire & Rescue to line dancing lessons.

All residents and staff enjoyed a demonstration on the correct use of fire extinguishers as arranged by ECOSAFETY, from Mr Elroy Blouws of the City Fire and Rescue Department.

Our ladies are knitting scarves, beanies, blankets, and bed socks which will be donated to an under-privileged retirement home before winter sets in.

Residents are thoroughly enjoying their Line Dancing lessons given by Maggie Cockrell from the Crazyfoot Saloon; ladies from Muizenberg and Bergvliet Evergreens have joined in.



OK so it seems that our legions of keen birdwatchers may have missed the early bird special but they have made up for it with a flock of photos (it is a flock isn't it?) that sets a nice standard and should see many more coming. Feast your eyes on this months entries.

Send your photo entries to: andreaw@evergreenlifestyle.co.za



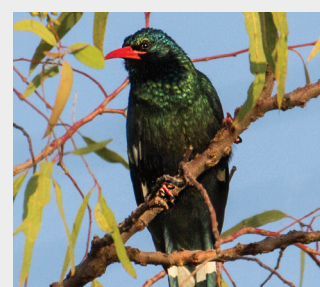
Pale Chanting Goshawk

Chris Turner of Unit 22,
Muizenberg.



Malachite Sunbird

Jim Raubenheimer of
Unit 50, Muizenberg.



Red Billed Hoopoe

Kloran Townsend of
Unit 63, Broadacres



Black-winged Stilts

Martin Harrison of Unit
101, Muizenberg.



Ron Scott of Unit 46,
Muizenberg



*Chris my cat on the fence with a
robin behind him – reflection in
window.*

Sue Beele of Unit 43,
Muizenberg.

Our photographic guru (and Amdec Chairman) John Wilson is looking forward to picking the shot that beats the lot at year end. Remember, you can't win it unless you're in it, so get those shutters up to speed and keep clicking. Finally, another reminder that we'd like to publish your news, accomplishments, projects, community initiatives and views in our forthcoming newsletters. Please keep sending them to us. I look forward to publishing them next time.

In conclusion, they say age appears to be best in four things; old wood best to burn, old wine to drink, old friends to trust, and old authors to read. All these come together rather snugly in the winter time to create those moments where laughter is the best medicine.

Derek