

# WHAT'S HAPPENING

NEXT WEEK 18 - 24 March 2024

## Latest News



Every March 19, employers, certification boards, education facilities, and healthcare providers celebrate and publicly acknowledge nurses who earn and maintain the highest credentials in their specialty.



### March 17 St. Patrick's Day

—  
observed every March 17—is packed with parades, good luck charms, and all things green. The event started as a religious holiday, but over time it's become a celebration of Irish culture.



Happy St. Patrick's Day!

# Weekly

## PLANNER

### Monday | 11 Mar

09h00 Water Aerobics 1  
 09h45 Water Aerobics 2  
 10h00 Knit & Natter  
 13h00 Bridge  
 17h00 Pool/Snooker & Waterhole

### Tuesday | 12 Mar

09h00 Therapeutic Exercise Class  
 14h00 Rummikub  
 14h30 Scrabble  
 17h00 Ladies Pool/Snooker  
 17h00 Waterhole

### Wednesday | 13 Mar

14h30 Christian Fellowship  
 18h00 Social Dinner

### Thursday | 14 Mar

08h00 Therapeutic Exercise Class  
 09h00 Yoga  
 10h00 Visual Music @ House 81  
 10h00 Art Class  
 14h00 Bridge  
 15h00 Petanque  
 18h00 Movie Night

### Friday | 15 Mar

09h00 Line Dancing  
 10h30 Bible Study  
 12h30 Fish and Chips  
 17h00 Waterhole

### Saturday | 16 Mar

**Frederick Road Association**  
**Community Clean up Day**  
**09:00 - 11:00**

### Sunday | 17 Mar



# LET'S CELEBRATE!

*Count your age by friends, not years.*

*Count your life by smiles, not tears. — John Lennon*



## BIRTHDAYS

- 18th Rita Cloete
- 19th Angela McMurray
- 21st Carol Roberts
- 23rd Glynnis Webb-Murfin
- 24TH Mike Prior

## ANNIVERSARIES





# WHAT'S ON THE MENU?

THE BISTRO

BOOK BY 18 MARCH 2024 AT 17:00

WITH TSHWANELO ON EXT 1200

## MONDAY - 18 MAR

Beef lasagne with Italian salad and roasted med style veg

R72

## TUESDAY - 19 MAR

Chicken burger and chips served with grilled pineapple, sweet chilli glaze, cole slaw

R72

## WEDNESDAY - 20 MAR

Pork stir-fry, fried rice and vegetable stir-fry

R72

## THURSDAY - 21 MAR

CLOSED DUE TO PUBLIC HOLIDAY

R72

## FRIDAY - 22 MAR

Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad

R92

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

## WEDNESDAY SOCIAL DINNER MENU 20 MARCH 2024

HAPPY  
**Saint**  
Patrick's Day

### STARTER

Cream of potato and leek soup served with ham, cheese and beer bread

### MAIN

Lamb Shepards Pie, topped with cheesy mash served with fried cabbage, Brussel sprouts, bacon and peas, glazed carrots - **R105.00**

or

Beer battered haddock served with roasted potato and caper salad, fried cabbage, Brussel sprouts, bacon and peas, glazed carrots - **R105.00**

### DESSERT

Peppermint and chocolate mousse with dark chocolate crumble and marshmallows - **R48.00**

## EASTER SUNDAY LUNCH 31 MARCH 2024

*12h30-15h00*

### *Starter Platter per table*

Pickled fish with potato salad, garden salad  
and Hot cross buns

### *Main Course*

Roast sirloin of beef with cream horseradish and rosemary jus  
Hawaiian BBQ sweet sticky chicken pieces  
Cream of mushroom and Parmesan penne pasta  
Roast rosemary potatoes  
Seasonal vegetable bake in cheese sauce  
Roast orange and cinnamon butternut  
Savoury rice

### *Dessert*

Marbled white and dark chocolate mousse  
Chocolate marshmallow eggs  
Baked chocolate pudding with caramel custard  
Strawberry and cream tartlets with meringues  
Seasonal fruit in cinnamon syrup  
Vanilla ice cream with chocolate sauce and wild berry sauce  
Cheese platter with fruits and pickled onions,  
cheese straws and savoury biscuits

*Residents - R175.00pp*

*Visitors - R190.00pp*

*Children under 12yrs - R140.00pp*

### *Terms and Conditions.*

Pre pay by Monday 25 March 2024 at 16:00 to secure your booking.  
Tables can be booked with Tshwanelo at reception.  
Bookings will not be accepted unless proof of pre-payment is not provided.  
Cancellations will not be refunded.



# 14 WAYS TO USE SUNLIGHT SOAP AROUND THE HOME

One South African household item that has truly stood the test of time, is a bar of Sunlight soap. Beyond the laundry bar's intended purpose for hand-washing clothes, it has many nifty uses – including removing stains, preventing pests and cleaning makeup brushes.



## WE'RE SHARING 14 DIFFERENT USES FOR THE HUMBLE BAR OF SUNLIGHT SOAP:

### Stain-removing miracle worker

Nobody wants to sport oily stains. Sunlight soap is known for its effectiveness in removing stains from fabric. Rub the bar of soap directly onto stains before washing, or create a solution by grating the soap and mixing it with warm water to soak clothes before laundering. Works like a charm.

### Removes grease like nobody's business

Sunlight soap is also particularly good at cutting through grease. Use the bar of laundry soap to clean greasy dishes, pots, and pans by scrubbing with a sponge or soaking them in a solution of grated soap and hot water.

### Preventing pests in your garden

Some gardeners use grated Sunlight soap (yes, you've noticed a trend here, always keep your grater at hand) as a natural insect repellent. Sprinkle it around plants or dissolve it in water and spray it on plants to deter pests like aphids and caterpillars.

### Removing stickers and adhesives

The joy of breaking in a new set of glassware is always dampened by a stubborn adhesive that just won't come off. Rubbing a bar of Sunlight soap on sticky residues from labels, stickers, or tapes can help loosen them (a lot), making them easier to remove from surfaces.

### Cleaning brushes and combs

Soaking brushes and combs in warm water with grated Sunlight soap can help remove built-up oils, dirt, and hair products.

### Cleaning makeup brushes

Soaking makeup brushes in warm water with grated Sunlight soap can help dissolve makeup residue and bacteria, leaving your brushes clean and fresh.

### Removing stubborn makeup stains

Sunlight soap can be effective in removing makeup stains from fabrics. Rubbing the soap onto the stain and letting it sit for a few minutes before washing can help lift the makeup.

### Cleaning jewellery

Sunlight soap can be used to clean some jewellery, particularly pieces made of non-porous materials like gold or silver. Soak the jewellery in warm, soapy water, then gently scrub with a soft brush before rinsing thoroughly.

### Pet shampoo

Some pet owners use a small amount of mild soap like Sunlight to bathe their pets, especially if they have sensitive skin. Make sure to rinse thoroughly to prevent irritation, though. Always do a patch test.

### Removing paint from clothes

Paint marks on your clothes after repainting the walls? Sunlight soap can be effective in removing paint stains from clothes. Rubbing the soap onto the stain before washing can help lift the paint.

### Cleaning tools

Sunlight soap can be used to clean various tools and equipment, such as gardening tools, paintbrushes, and even car parts. Its grease-cutting properties make it effective for removing dirt and grime.

### Deodorising shoes

A pair of smelly shoes can be remedied by placing a bar of Sunlight soap to help absorb odours and leave them smelling fresher.

### Repelling moths

Some people place bars of Sunlight soap in closets or drawers to help repel moths and keep clothes smelling fresh.

### Preventing glasses from fogging

Rubbing a bar of Sunlight soap onto the lenses of glasses and then wiping them clean can help prevent them from fogging up.

ARTICLE BY:  
GARDEN & HOME



# SA PHD DOCTOR UNLOCKS HOPE IN CANCER TREATMENT

## FINDINGS ANNOUNCED ON WORLD STAGE



**D**r Carrie Anne Minnaar has unlocked a key finding in cervical cancer treatment that is set to change how it is treated in South Africa.

**Johannesburg, South Africa (27 February 2024) – Breakthrough research in cervical cancer could bring hope to millions of women thanks to the work of a South African doctor, Dr Carrie Anne Minnaar, and her colleagues from the Wits Donald Gordon Medical Centre University.**

Cervical cancer remains a significant health concern, particularly in low-to-middle-income countries, where morbidity and mortality rates are disproportionately high. Despite advancements in prevention and treatment, the burden persists.

Dr Minnaar specialises in hyperthermic oncology and is well-recognised for her ongoing clinical trials in this field. She holds a PhD in Radiation Sciences from Wits University. Apart from heading her own private hyperthermic practice at the Wits Donald Gordon Medical Centre, Oncology Department in South Africa, she is an honorary lecturer at the Department of Radiation Sciences at Wits University.

The Science of Hyperthermia Using a type of heating technology (modulated electro-hyperthermia or mEHT) as a support to chemoradiotherapy (CRT) for locally advanced cervical cancer (LACC), the research has proven it to be a cost-saving, successful way to treat patients.

Hyperthermia in oncology, the process of heating up a tumour to sensitise it to radiation or chemotherapy, has been around for decades. However, it hasn't gained traction in low-to-middle-income countries, largely due to the costs and complexity of the treatments.

Together with her colleagues, Dr Minnaar's research, conducted over the course of a nine-year trial (2014-2023) is the first of its kind:

the first trial on hyperthermia ever to be investigated in a low-to-middle-income-country and to include a cost-effectiveness analysis, the first hyperthermia trial to include HIV-positive participants, and the first phase III randomised controlled trial on this groundbreaking hyperthermia technique.

The European Society for Therapeutic Radiation and Oncology (ESTRO) has already recognised Dr Minnaar's work, and in 2021, Dr Minnaar won the ctRO Young Investigator award for the results presented in their cervical cancer study.

As South Africa and other developing countries grapple with improving outcomes for LACC patients, Dr. Minnaar's work stands out.

Her commitment to advancing the field of hyperthermia and bringing hyperthermia to South Africa, proving its feasibility and affordability, extends to other cancer types as well and is helping to pave the way for the use of this treatment in other resource-constrained countries which are in desperate need of effective but affordable treatments for cancer.

Her findings will be announced at the world-leading ESTRO radiation oncology conference in Glasgow from 3-7 May 2024.

ARTICLE BY:  
GOODTHINGSBUY.COM



FREDERICK ROAD

PINE ROAD

# FREDERICK ROAD ASSOCIATION

## Kengies community clean up

16 March 2024  
09:00 -11:00





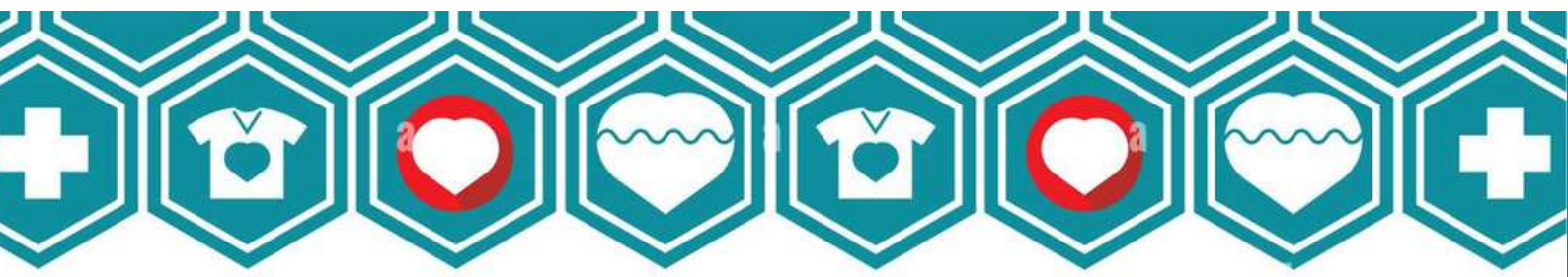
# FOR THOSE WHO ARE 60 yrs OLD AND ABOVE .

**Some really great advice! Thank you to the person who wrote this.**

- Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.
- Warning: This is also a bad time for investments, even if it seems wonderful or foolproof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
- Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.
- Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, and do tests even when you're feeling well. Stay informed.
- The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
- Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
- Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, and keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- ALWAYS stay up-to-date. Read newspapers, and watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.
- Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.  
Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
- Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.
- Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself
- Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, and golf.
- Try to go. Get out of the house, meet people you haven't seen in a while, and experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.
- Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.
- Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.
- If you've been offended by someone - forgive them. If you've offended someone apologizes. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.
- Laugh. Laugh away your worries Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, and never get to experience a full life.

My valued friends, enjoy peaceful life at this point in your life .....

Don't worry... be happy. 😊



HAPPY

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**CERTIFIED NURSES**

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DAY MARCH 19

