

# EVERGREEN *News*



## DEAR RESIDENTS

**Our New Year, New You focus continues from last month's newsletter where we looked at the impact of exercise on longevity. In this edition we'll be considering that you are what you eat and how this influences overall health.**

It is no culinary surprise that the phrase was coined by a Frenchman, Anthelme Brillat-Savarin who wrote in 1826 - "tell me what you eat and I'll tell you what you are." Thankfully Anthelme was not speaking literally - otherwise we should avoid fruits and nuts. The food we eat has a direct bearing on our state of mind and our health - a notion popularised in England by nutritionist Victor Lindhar, in the 1920s.

The problem many of us face is that we relate food to comfort, reward, or entitlement. I have to admit that I find myself agreeing with American author and playwright David Mamet who wrote: "We must have a pie. Stress cannot exist in the presence of a pie." Our attitudes must obviously change before anything else can.

There's no doubt that a healthy, varied and balanced diet plays an important role in looking and feeling younger. Substances such as antioxidants and essential fatty acids help keep minds and bodies fit and prevent many illnesses associated with aging, such as heart disease, diabetes, cholesterol and high blood pressure. Adding more whole

grains, fruit and vegetables, along with beans and pulses can add years to your life and fill you with energy and vigour.

Fruit and vegetables provide us with the majority of the vitamins, minerals and other compounds that our bodies need to stay healthy. They also affect our energy levels and metabolisms and virtually every body function. Just take a look at our anti-aging nutrients article overleaf! Now is the perfect time to start eating smart to look good, feel good and live long.

I have observed that change is seldom simple. Transitioning from pies to chickpeas may be a significant battle, so it requires a smart decision and deep determination. Age happens, and whilst Evergreen provides continuous care, (see Arthur's column below), my hope is that you will take the best possible care of yourself and do so today.

It's not as difficult as you may think to eat more fresh produce: throw a handful of mixed berries into a salad, choose fruit for pudding, drink plenty of water and instead of crisps, try snacking on raw carrots, celery, cucumber or peppers.



## THE CRITICAL IMPORTANCE OF CARE

Evergreen Group Ceo: Arthur Case



**We are ever mindful of the roles that care plays in our villages, and we are always delighted to receive reports, e-mails and phone calls from residents who have benefitted from the care of others. Receiving care serves to remind us that we are valued, and goes to an essential human need and right - to be cared for. And where health care is concerned, the availability of care - should you need it - brings reassurance and considerable peace of mind.**

You may be in good health now, but you know not what tomorrow holds and neither do I. Yet, we are able to look ahead with confidence knowing that whatever the future holds, we will be well cared for. Last month we featured the erudite Professor de Villiers's achievements following a chat with him in our Frail Care Centre in Muizenberg. Prof is a resident of Evergreen

Bergvliet, whose residents are thrilled to have him back. Here are excerpts of what he had to say.

"I was aware of the facility in Muizenberg and was admitted there on 15 February 2017. My first impression was a pleasant one on account of the friendly and helpful attitude of the staff and the neat and orderly appearance of the frail care; here particularly of the rooms. This has also been commented on by relatives and visiting friends. The room service and organisation is excellent and my contact with my physiotherapist has been very good and we work well together." Prof de Villiers also offered us valuable suggestions to improve the running of the facility!

Lastly, I was amused at the report I received from Elize Porter, M.D of Unique Health, who said: "On my previous visit to Cape Town, I had a Medical doctor, Dr Cele (who works for Parliament) viewing the Care center one night: he had a chat to a patient, Mrs. Prevost, and her words to him were, "this is like the Hilton Hotel -we get the best service from everyone."

**Thumbs up to Unique Health. We really value our partnership with them.**

## ANTI AGING NUTRIENTS

Research shows that eating a variety of fruits and vegetables in a range of colours is the best way to get the nutrients and compounds that your body needs. Try much more of these:

**Dates** provide potassium, magnesium and amino acids for overall health.

**Avocados** are an anti-aging food combining an abundance of healthy fats, or EFAs, and can lower cholesterol levels.

**Cooked tomatoes** are a good source of the antioxidant and a great supply of vitamin C to help protect your skin.

**Grapes** are a great detoxifier and provide valuable, vitamins and minerals.

**Mushrooms** are rich in protein and a good source of vitamin D.

**Carrots** contain carotenoids for healthy eyes, skin and mucous membranes.

**Broccoli** high in vitamin C eaten in its natural form can assist in the fight against skin damage from the sun, together with many other benefits.

**Brussels** sprouts one of the least liked veggies are high in protein.

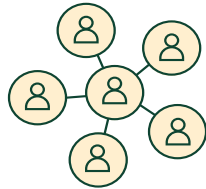
**Garlic** is a potent antioxidant, cleansing the blood and supporting the cardiovascular system.

**Beans, peas and chickpeas** are a major source of healthy complex carbohydrates along with fibre, protein and minerals such as potassium, magnesium and zinc.

**Whole grains** protect against many chronic health conditions, such as heart disease, diabetes and a range of cancers.



## EVERGREEN Know your Village



### Meet the Lake Michelle Rescom members.

Like the local leopard toad, the Lake Michelle ResCom are a shy bunch, who don't like to be singled out; so we failed to coax a profile out of the Health Care Representative and Representatives of the Social, Maintenance and Helping Hands portfolios. But we did gather this information on two great Brians, or is it Brains? Judge for yourself.



#### Dr Brian Hambleton-Jones - Chairman

Born in Kenya, Brian spent the bulk of his life in South Africa where he developed a life-long passion in geology, which continues to this day. He studied geology at UCT, obtaining his BSc (Hons) and postgraduate DSc degree.

He was involved in the nuclear industry for close on 35 years, 27 of which were spent at the Atomic Energy Corporation (AEC) in Pretoria, focusing on nuclear geology and other nuclear-related scientific/technical disciplines. He consulted internationally for governments and organisations and lectured widely on diverse nuclear topics in over 50 countries across the globe.

Brian and his wife Meryl lived in Pretoria for 45 years before moving to Cape Town and into Lake Michelle in April 2015. Two of their three children live in the UK and they have five grandchildren. Brian helped form the Evergreen Residents Association of Lake Michelle (ERALM), a vibrant community of people who support each other and ensure that help is always at hand.



#### Brian Gold – Vice Chairman

Brian spent his early childhood and war years in Durban, before moving to Pretoria 1947 where he attended Pretoria Boys High. He studied Pharmacy at Rhodes University, graduating with a B.Sc. Pharmacy in 1960. He managed a group of pharmacies in Pretoria for 9 years before purchasing Doran's Pharmacy in Aliwal North. Brian served as a director of the Alpha Pharm group for 25 years and managed the Aliwal North Hospital and St Francis TB Hospital as a sessional Pharmacist for many years. Brian sold Doran's in 1996, and took over running the dispensaries at Burgersdorp, Lady Grey and Jamestown Hospitals. From 2008 to 2013 he was employed by an American NGO to facilitate ARV medication distribution and control in Burgersdorp, Steynsburg, Venterstad regions.

Brian was involved in the Rotary International Youth Exchange Programme for many years serving on local, national and international committees. In 2014 he retired to Lake Michelle.

## EVERGREEN BRINGS RETIREMENT LIVING AT ITS BEST TO NOORDHOEK

We're ever so proud to announce the launch of Evergreen Noordhoek, the sixth village in our portfolio. We will be creating the largest Evergreen village to-date, on 16 hectares of prime ground overlooking the picturesque Noordhoek valley. The village will comprise 150 houses and 200 apartments, along with a state-of-the-art Lifestyle and Care Centre, and a host of outdoor recreational facilities to complement a wonderful coastal lifestyle.

"Interest in Evergreen Noordhoek has resulted in excellent pre-sales, and we have a growing list of reserves," says National Sales Director, Phil Wilson. "Buyers will get their pick of prime village stands in a node that is terraced to provide excellent views," he says. "Don't forget to tell your Cape -based friends - homes are attractively priced to make buying now a real advantage".



## Village Life

### SHAMROCK 'N ROLL ON SAINT PATRICK'S DAY!

#### EVERGREEN BROADACRES

The Feast of the 5th-century patron saint and bishop of Ireland, Saint Patrick is celebrated in more countries than any other national festival. And thankfully, not missed by many Evergreenies, who saw opportunity to really paddy hard, as this selection of pics suggests.

Pics courtesy of Kiloran Townsend, resident at Evergreen Broadacres.



### EVERGREEN MUIZENBERG



Pamela Prevost celebrating her 90th birthday on 6 March.



Pamela Prevost with her daughter Neryne Burgess & daughter in law Nerina at Muizenberg Lifestyle Centre.

## EVERGREEN DIEP RIVER



Diep River Market Day where Mrs Welch presented her homemade toys.



Diep River Market Day where Alfie and Mona Randall sold their home baked treats.



Diep River Market Day where Oscar and Clive were braaing and serving their boerewors rolls.



Alfie doing his daily exercise in our heated pool.

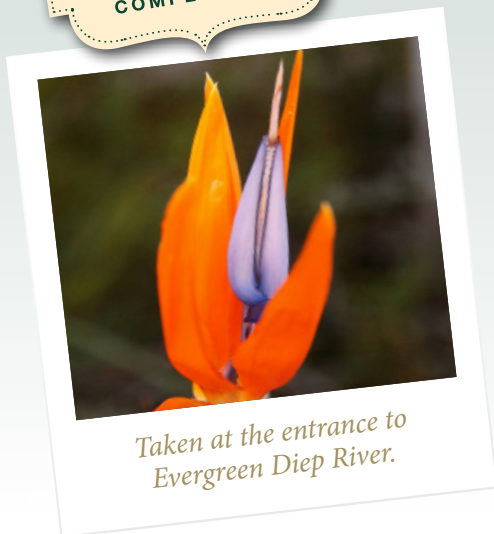
## EVERGREEN MANAGEMENT IMPRESSED BY NEW MELOMED HOSPITAL

Ernst Koert, Melomed ICU Manager took the time to take our Village Managers around the new Melomed hospital, in Tokai, Cape Town. A 24-hour Heart & Emergency Centre, first of its kind Catheterization Lab, Neurology, Ophthalmology, ENT, General & Arterial wings and state-of-the-art Intensive and High Care wards, all under one roof. The staff were passionate, professional, friendly and we were glad to learn about their business.

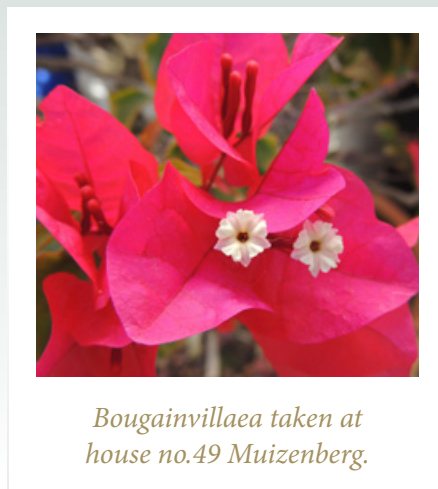


### FABULOUSLY FLORAL – OUR 2017 PHOTOGRAPH COMPETITION

We've been hugely impressed by the subjects and results of the Fabulously Floral pictures we have received. The latest bunch proves that with some TLC and a bucket of water we still have blooms to admire. Here's our top picks.



Kelvin Barry - Diep River



Jim Raubenheimer - Muizenberg



Sue Beele - Muizenberg

Whilst we think we have the right balance in terms of our newsletters' focus on community news, initiatives and views we'd welcome feedback and any suggestions for our forthcoming editions. Please send these to us.

We spoke up-front about eating better so let's get smart and get going. You'll start enjoying the changes, watching your plate, your scale and your mirror reflect a new you this New Year. Next month we'll be warming up for winter (yes we can!), we'll be thinking about wine and wonderful times together and looking back on Easter. 'Till then, I really hope you remain forever green.

Derek