

EVERGREEN *News*



DEAR RESIDENTS

This is the final chapter in our 3-part New Year, New You focus. In our previous newsletters, we looked at getting active and eating healthy. We discussed cardiovascular health - having healthy blood sugar, cholesterol levels, and blood pressure and being physically active. We explored the benefits of eating a nutritious diet, maintaining a healthy weight, and not smoking – all of which are associated with better cognitive function – which is the concluding topic and foundation for this newsletter.

Everyone has the occasional 'senior moment,' - maybe you've gone to the kitchen and can't remember why, or can't recall a familiar name during a conversation. Whilst memory lapses can occur at any age, as you get older, some of the nerve cells in your brain can shrink or lose connections with others. Memory changes can be frustrating, but beyond maintaining cardiovascular health, there are various strategies we can use to protect and improve memory.

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.

How do we stay switched on as we age?

Mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, playing challenging games, and doing things that require an engaged mind. People who are

more socially and intellectually involved are also less likely to develop dementia.

Keep learning. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Continuing working, pursuing a hobby, learning a new skill or volunteering for a project will all help to improve memory.

Sherlock Holmes explained his refusal to remember ordinary things to Dr Watson by comparing his brain to an attic: should he fill it with worthless information, there would be insufficient space left to house more important details when they came along. Some tips would be to take advantage of calendars and planners, notebooks, lists, folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. That way you don't have to worry about remembering where things are.

Finally, myths about aging can contribute to a failing memory. If you believe you can improve your memory and you translate that belief into practice, you'll have a far better chance of keeping your mind sharp. Most of our residents are already doing this, judging by the very engaging and interesting conversations I have with many of you.



RETIREMENT IS ALL IN A DAY'S WORK AT EVERGREEN

Evergreen Group Ceo: Arthur Case



One fascinating part of managing an expanding portfolio of villages is getting a real sense of the needs and constraints of today's South African retirees. Many of your typical 65 year old 'retirement age' retirees either can't or won't stop working, and continue to do so out of necessity or a desire

to remain vital and engaged. As a result, many residents arrive with a need to connect with their world, to be fully functional, fit and productive and to age in place, in time.

We believe that working out of desire or necessity is great for one's sense of purpose and keeping the mind sharp. We would recommend that once you've said goodbye to your world of work, you put your years of experience to charity or Church or project work. And as you know, we do everything we can to

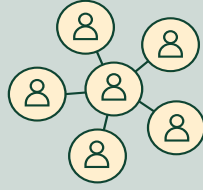
encourage friendships, interest groups, hobbies and events so that when your work is done, you'll know the joy and significance of belonging to a community that's well worth cherishing.

People who are more socially and intellectually involved keep their minds and wits sharp, they remain engaged and busy, and so enjoy life to the full. I regularly meet residents more than 20 years my senior who show no signs of mental deterioration and have an excellent memory and sharp minds. I hope to emulate their achievements in my own lifetime.

Residents also need to know that they will be able to downscale from their larger Evergreen homes at some point in the future. In fact, at Muizenberg, two of our first resident couples have decided that life in a beautiful new Muizenberg apartment, close to our leisure and care facilities makes more sense than their large homes, and so we have helped them move quite seamlessly.

I think that Evergreen is an appropriate name for this lifestyle, and do hope you'll agree. Until we speak again, I'd like to wish all our mothers a Happy Mothers' Day on 14th May.

EVERGREEN *Know your* Village



THE CARING NATURE OF MELANIE CARSTENS

Our Muizenberg Village Manager, Melanie Carstens is a born and bred South African with the warmth of Africa running through her veins. One of three children, she was the only daughter and the eldest in a family that always cared for the needs of others. In fact, her dad kept a diary of all the university students who shared their home and she counted 75!

After school, Melanie faced the choice of studying teaching or social work, but felt more attracted to the latter due to her drive to help others. After her studies at the University of the Western Cape, she joined the CPOA (Cape Peninsula Organisation for the Aged) and during her tenure, was involved with fundraising and managing a conference centre. The first retirement home she managed was Riverside Place and thereafter she joined us as manager at Evergreen Muizenberg.

Melanie cannot believe that she's been at Muizenberg for 6 years. Looking back, she knows that the road has not always been easy, considering the amount and the rate of the changes, but that the end product and her personal growth over the years make her journey worthwhile. "Long may the generous, vibrant, caring spirit of Evergreen Muizenberg continue," Melanie says. "I am forever grateful to every single resident for the lessons they have embedded in my life." We're pretty sure that Melanie has made a similar impact in the lives of many, and applaud her for still caring after all these years.



EVERGREEN SALUTES PETER GOUGH, A TRUE SOUTH AFRICAN CHAMPION

Sadly just before going to print with this article we learned that Peter had passed away early on Friday morning, 5 May 2017. Our sympathies go to Adi and the Gough family as we mourn his loss. May this article bring back some happy memories of a great man.

Was it not for horrible injuries sustained during an endurance race in Bulawayo, the name of Evergreen Broadacres resident, Peter Gough would have undoubtedly echoed internationally, such was his dominance of the South African saloon car scene, behind the wheel of the legendary Willie Meissner Ford Escort. It won 27 races on the trot and held the lap record on every track in the country, and it helped Peter win the Saloon Car Championship in 1969. With Peter behind the wheel, the car was so famous that it was recreated in honour of this legendary driver a few years ago.

Peter won his first SA Sports Car Championship in 1965 and went on to dominate the local racing scene for ten years until his crash, which was well described in the newspaper article titled, 'The man who returned from hell'.

Having survived his car exploding in the Bulawayo race, Peter fought for his life in hospital for 11 months whilst his wife Adi - his greatest supporter - took care of their three kids and

helped him recover. Such is Peter's resolve, he not only made a successful racing comeback but went on to build his motor dealership business, to get his pilot's license and to realise his dream of owning and flying a jet.

Peter was invited to drive another of his famous cars, a Ford Capri Perana V8 which was restored in the famous Team Selford livery, at an International Historic meeting in Cape Town in 2011. The pink Capri was affectionately known as Miss Piggy.

Adi remembers those years fondly as she faces another life challenge - helping to manage Peter's struggle with dementia. She recalls feeling fearful only after his crash, when he announced his comeback, but believes that Peter could achieve anything he put his mind to.

"He had such tremendous go, he was so vital and determined, but that changed when he had his bicycle accident 12 years ago in Cape Town and this, followed by his stroke in 2012. Coming to Evergreen was such a blessing. Peter would have retreated but for the tremendous friends we have at Evergreen. They got him to come to social events and made certain he remained involved".

Peter faced the challenge of coping with dementia with the same strength that he has brought to every struggle before and will forever be a heroic and much loved legend at every local track, and wherever stories are told. We cherish our memories of a man who conquered his world and left a mark on all who met him.



Peter collects the modified trophy 30 years after his first championship.



Village Life

BROADACHERS' TEAM EVERGREEN SETS NEW RECORD

Ernie Mutch reports that 82 participants paid their contribution for this year's fun walk, a new record for Team Evergreen. After 4 bottles of champagne and very little orange juice, Ernie got the walkers going just after 5.00pm followed by the dog walkers and then those doing the 700 meter dash. Hats off to Henri, who at 99 years young, did the 700 meter dash, escorted by Heather Mutch and Oscar the security guard. Clifton showed off on his new motorised wheels, and had to be stopped from doing a wheelie over the finish line.



All in all, Evergreen Broadacres' vibrant walking club and many colourful events prove that one can combine one's pleasures with a few aches and pains. Sociability, pre-drinks, an after-party, the volunteers, caterers and all the family who congregate around these events make them rich with community spiritedness and hugely rewarding to us all. Thank you to Ernie for all your hard work organising, cajoling and keeping residents fit and enjoying friendships every step of the way.

A MONTH OF SPECIAL MOMENTS, MUSIC AND MAYHEM TO REMEMBER

Evergreen Diep River



Residents at Diep River took part in the Main Road Human chain on Friday 7 April 2017.

Evergreen Muizenberg



Dr Le Roex celebrates his 90th birthday with his wife and family.



Roland Perold paying homage to composers from the Golden Age of Musical Theatre.

Evergreen Broadacres



Thanks to residents, the 1st phase of the pond cleaning has begun, clearing out the bull rushes and poisoning them, further phases to follow.



Basil Bold, Judy Powell, Heather Mutch.



Broadacres residents hard at work.

Evergreen Bergvliet

THEMED DINNER - DIAMONDS ARE FOREVER



Sheila & Bill Kirkwood Cedric Reid & Karen Visser.



Anne Marie Renaud & Lynn Wilms

TUESDAY SOCIAL AT CLUBHOUSE



Jill Dower; John Blackman; Jill Blackman; Ton Weber; Anneke Weber; Joan Misplon.



Charles Harrod & Ian McDonald.

LOOKING AHEAD



Where exercising the mind is concerned, there's nothing like a great read. Our Cape-based residents can look forward to the Franschoek Literary Festival coming up on the 19th, 20th and 21st of May.

The celebration of books and writers is now in its tenth year and offers numerous talks and events that take place in village venues within a few minutes' walk of each other. Along with loads of books, you'll enjoy a vibrant ambience in streets buzzing with book-lovers. Don't miss it – share cars and conversations on your way to the perfect place to beef up your bookshelves for winter.



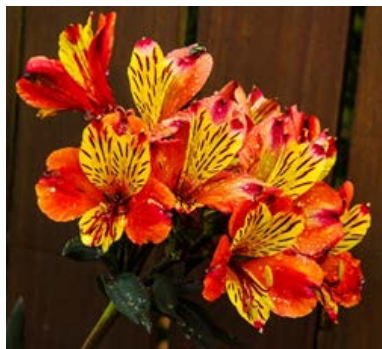
FABULOUSLY FLORAL – OUR 2017 PHOTOGRAPH COMPETITION

The subjects and results of the Fabulously Floral pictures we have received continue to amaze us, presenting a major challenge to our judge. Once again, the latest entries are on top of the stem (or is it hedge?), and represent our top pics from an impressive collection of entries. A huge thumbs up from our judge and flower power to our people!



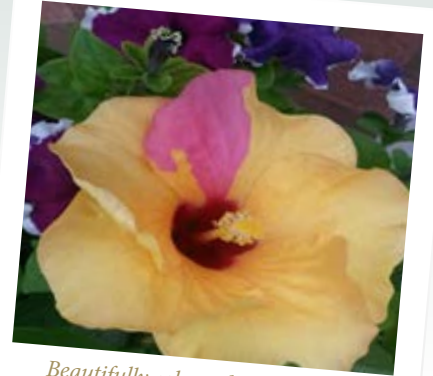
Hibiscus taken by Chris Edwards and looked after by his wife Sue of Broadacres.

Chris Edwards - Broadacres



Inca lilies taken by Kiloran Townsend in the beautiful gardens of Broadacres.

Kiloran Townsend - Broadacres



Beautifully coloured hibiscus taken by Sheila Kirkwood in her garden at Bergvliet.

Sheila Kirkwood - Bergvliet

As we look ahead to the winter months, our health and vitality remain our top priorities.

We've spoken about strengthening your body and eating smart, now let's spend our hours enjoying fun and friendship around warm fires, and stretching our minds.

Until next time, don't forget! Be strong, get involved and stay engaged! *Derek*