

The Tendril

June 2019

Dear Evergreener's



Happy Father's Day to all our village dad's. Enjoy this special day and know that you are treasured. June marks the beginning of winter and I do hope we receive lots of rain to fill our dams this year. Please continue to use water wisely. I will be on annual leave during June and Chantelle and the rest of the Evergreen Team will be taking care of daily village life. There's lots to look forward to in June including a presentation by Giltedge Travel & Landscape Tours on 5th June and a Market Day on 13 June. We have introduced snack suppers twice a month and do stay to enjoy the movie thereafter. Another exciting development is the introduction of the Evergreen transport service starting Monday 3 June. Trips will be done on Monday's & Wednesday's at a cost of R20pp. Bookings will be taken at reception. Other outings will also be introduced so watch this exciting space.

Until next time, take care, Melanie.

A warm welcome to the newest members of the Evergreen family.....

- *Trunell Morom (House 73)
- *Ronald & Joan Sinden (House 69)
- *Peter & Grizell Luxton (House 84)
- *Peter & Ingrid Heyneke (House 76)

Our condolences to the family of Thelma Metcalfe & Robert Stanford who passed away.

Unique Health have employed the services of four Registered Nurses from 1 June who will be leading various shifts. Seen from left to right are Varity Martheze (Care Centre Manager), RN Thumeka Ndinisa, RN Theyana Mollar, RN Mandisa Vellem, RN Lindelwa Mandamane and Mercia Jay (Unique Health Regional Manager). They all have experience in Geriatric care and each has a unique quality to contribute towards the team. We wish them well.



Denise Elkin who heads Friends of Care Centre recently completed an online course, "Understanding Dementia" through the University of Tasmania. She learned there are many forms of dementia, the largest being Alzheimer's. Denise studied the 4 main dementia's and touched on some of the lesser ones. She found it helpful working with residents in the Care Centre and have interacted with some of their spouses since undertaking the course. We commend you Denise for going the extra mile in understanding not only residents who suffer with dementia but reaching out to affected families.

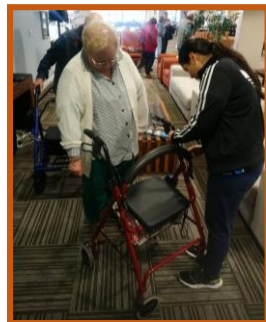


Special Events to Diarise for June

- *Wednesday, 5-Presentation by Giltedge/Landscape Tours @ 3pm
 - *Thursday, 6-Norval Foundation Outing @ 10am. Book at reception. Transport R100 pp
 - *Tuesday, 11-Security Talk by Denys Francois from Grinnell @ 11am
 - *Tuesday, 11-ExBlox Demo @ 2h30pm
 - *Wednesday, 12-Sales Event @ 11am
 - *Thursday, 13-Market Day from 10am-12h30pm
 - *Thursday, 13 & 27-Bingo @ 5pm(R30: Book & pay at reception)
- CHECK NOTICE BOARDS FOR OTHER DAILY ACTIVITIES



Loren Hendricks from “Physiotherapy at Home” located in the Care Centre presented on fall prevention and walking aids. The event was well attended and many found the information interesting and helpful. Other’s brought along their walking aids to make sure they were using it correctly.



44 Residents signed up for a quiz afternoon organized by Lesley & Magdalene De Wet, Margaret Clough & Vivian Gottlieb. All in all a great afternoon where intelligence was tested but above all residents had lots of fun. We are looking forward to this event being hosted on a quarterly basis.



1st place winners



2nd place winners



Last but not least

Chit Chat celebrated their 1st birthday on 7 May. Hyde De Villiers passion and drive to connect people socially birthed this wonderful group. 40 residents attended, and no doubt new friendships were formed. Thank you Hyde, Rosalie and all the volunteers who assist her.



Denys Francois from Grinnell Security addressed staff on the importance of security awareness on 9 May. An important topic as security is one of the most important pillars of Evergreen Lifestyle Villages. We were reminded that security is everyone's responsibility, not just the security officers who work in the village.



Vanessa Boyd will be starting **Aqua-aerobics classes** every Thursday at 8am from 23 May 2019. Classes cost R60 pp per session.



Reverent Dave Howard from the Claremont Methodist Church prayed a special blessing on all the beautifully knitted **Care Bears** produced by our Knitting Group on Monday 20 May. Every bear was personalised with the residents name written on its back. Just knowing you are loved makes all the difference in the world. Thank you to all who made this project a reality.



Mothers are special and our duty managers had the privilege of handing out gifts to our village mothers on Mother's Day. Love the smiles!



Laughter is good medicine. Enjoy !



As we wave goodbye to our younger years we must also wave goodbye to some of the fads we loved. The following combinations Do NOT go together and should be avoided:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Mini skirts and support hose
5. Ankle bracelets and corn pads
6. Speedo's and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Bikinis and liver spots
11. Short shorts and varicose veins
12. In-line skates and a walker
13. Thongs and Depends

Laughing with a mouthful of Coffee

Two older fellows were playing a round of golf on a nice summer's day.

Suddenly, one man told the other, "My word, there seems to be something stuck in your ear."

Surprised, the other man reached up and pulled out a suppository from his earlobe.

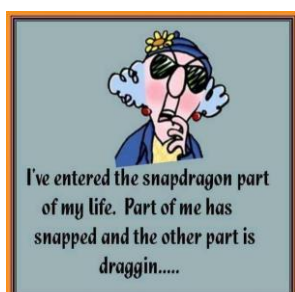
"How on Earth did that end up there?" asked the first man.

"I'm not sure," came the reply. "But I'm almost certain I know where I put my hearing aid now!"

A 100-year-old woman was being interviewed by a journalist.

"What's the best thing about being a hundred?" he asked.

"No peer pressure," came the reply.



Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days afterward, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc - 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur - be careful.'"

John's wife woke up one morning feeling completely deflated.

"My word, I feel like my mind has almost completely gone!"

"Are you really surprised?" John asked.

"Why would you say that, John?"

"Because you've been giving me a piece of it every day for fifty years!"

A couple of elderly men were venting their frustrations about the woes of modern technology.

"I just can't ever seem to remember my darn passwords," grumbled one of them.

The other one smiled. "Oh really? I can never forget mine!"

"How do you manage it?" asked the first guy curiously.

"Well, I simply set all my passwords to 'Incorrect' so that whenever I'm told that my password is incorrect, I'll remember it!"

