

Crinkle Cuts



Things are warming up at
Juana Maria



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From the manager's desk...

The golf day fundraiser weekend, which marked the last weekend in July, was a real eye opener! The community pulled together and those who didn't sponsor a prize, made sure to either take part in the karaoke, golf and bowls, or they just came to support us. We are at a loss for words. All I can say is wow! Before I continue on about the golf day, which turned out to be a Country Club weekend, let's first look at some of the amazing sponsorships we had.

Thys Jacobsz resident, Ann Pretorius, had a chair that has seen better days. Of course, this worn chair is Ann's favorite chair.

Kilmeny de Franca took it upon herself to have the chair refurbished and reupholstered. It looks like a brand-new chair! Thank you



Kilmeny!

A huge thank you to **Ken and Pam Saunders** for their donation of bowls and pots. We always appreciate your kind generosity.

Trish Fuller, from Thys Jacobsz, brightened up the office ladies'

day by sending each a beautiful flower bouquets. How lovely and thoughtful of her!

We've received a number of blanket donations. Thank you so much to everyone who made a donation, we really appreciate it!

We received an anonymous donation of a brand-new microwave. This will certainly come in handy, thank you so much.

A shout out to **Danie Marx**. Your craftsmanship is outstanding.



he installed a new sink and white top in Mrs Harris' bathroom.

Dee Henderson donated hearing aid batteries. This was music to our ears.

It was a time for celebration at the home with Errol Greening celebrating his 80th on the 1st of August and Ellen Kritzinger celebrating her 90th on the 31st of July.

A huge thank you to **Annemarie Fawdry** who donated dining room decor, all the way from Bloemfontein.



It makes all the difference to residents who eat their meals in the dining room. We truly appreciate it!

Ron Burner made a donation of



nartjies to the home. The extra Vitamin C is always welcome! A big thank you to **Chris Els** for the monetary donation to the home. It is very much appreciated.

There's more on the next page



Disclaimer:

Please be advised that this publication is purely intended for entertainment purposes. The views reflected in this publication is not necessarily that of the Ladysmith & District Aged Home Trust or Juana Maria Frail Aged Home, it's management, staff or partners. Before making any changes to your daily routines, you are advised to speak to your healthcare provider first.

From the manager's desk continued...

Oasis sponsored water for the golf day, and Five-O Lables designed the most beautiful labels for our water bottles. Thank you so much for the water donation and



thoughtful labeling, it's absolutely beautiful! Thank you to **Ladysmith SAPS** for checking up on us and coming out



to take statements from Thys Jacobsz residents and ensuring that our residents are always safe, your

support means a lot to us! Our residents got their second



booster shots from **friendly medical personnel** who came to the home to deliver this wonderful service. Our seniors have great appreciation for their time and patience.

Back to the Country Club weekend! One thing is for sure, the residents of Ladysmith loves their pannekoek! We had several sponsors for pannekoek ingredients. Those who made the pannekoek and those who bought it. Thank you to everyone involved! Thank you to those who arranged sponsors, who sponsored and who supported the booze raffle as well as the blesbok raffle. The karaoke evening was a major success. Thank you to **Quintin**



and **Adam** for all your hard work and effort. We had so many sponsors. Those who sponsored prizes and those who sponsored water holes. Thanks to **Kulus** for the printing of posters, thank you for always being so willing to help us. Congratulations to the bowls winners.

First: **Bob Corringham, Chrizel Struwig and Gustaf Kriek.**
 Second: Brad Pitout, Desaire Maartens and Rose Stevens.
 Third: Gregg Beveridge and Kevin



Pieterse.
 Fourth: Magriet Coetzee, Jane Duncan and Peter Wildman.
 Golf results were as follows:
 Nearest the pin 3: Michael Ristow.
 Nearest the pin 8: **Ryan Seele.**
 Nearest the pin 11: Patrick Pieterse. Nearest the pin 12: Corne Davel. Longest drive: Henry Honibal.
 First place: R Neetling, P Fick with 72 points.
 Second: J Fourie, E Bozza with 70 points.
 Third: C Davel, M Ristow with 67 points.
 Fourth: R Sanders, G Boardman with 66 points.

What's on this month...

Juana Maria Frail Aged Home Daily mealtimes

Breakfast – 7.30am to 7.45am
Midmorning tea – in the lounge
Lunch time – 12.15pm
Afternoon tea – in the lounge
Evening tea – 3.45pm
Night time snack – 6.30pm – Downstairs people to collect at Frail Care.

Weekly activities

Monday – 10am – Bingo, main lounge
Tuesday – 9am – transport to town
10am – Bible study – main lounge
2pm – exercise
Wednesday – 8am – Hair dresser
10am – Church service – main lounge
2pm - Rummyclub - main lounge
Thursday – 8am – hair dresser
9am – Bingo – main lounge
Friday – 1.30pm DVD movies/music – main lounge

18 **Dr Anthony Jacobs**
- from Kingsway
Ministries will be at
the Juana Maria Old
Aged Home lounge
at 9am.



Juane Maria Book Shop - Brows
thousands of book titles **every Saturday** between
8am and 12 noon. Visit us at 60 Francis Road.

Happy birthday to you!

01 August – Errol Greening
08 August – Claire Leathern
15 August – Leon Kotze
16 August – Erika Venter-Rabie
20 August - Ellen Botha
23 August - Lucia Vermaak
24 August - Chris du Plooy
29 August - Philip Nell
31 August - Patience Lugongolo
31 August - Ann Maree





Members of the Universal Church of the Kingdom of God

A surprise visit



Elizabeth Khumalo and Ilona Estran

Members from the Universal Church of the Kingdom of God made a surprise visit to Juana Maria Frail Aged Home. Their Caleb group, comprising of the older members of the church, decided to treat the residents with tea, sandwiches and fruit. The visit was part of the church's social outreach, which normally includes visits to orphanages, hospitals, clinics and old aged homes. The occasion kicked off with prayer and a few words by church leaders to emphasize the important role

that the elderly plays in their communities. The Caleb Group ladies took it a step further and sang religious songs while staff at the home and younger church members served residents with tasty treats. Residents were delighted by the visit and had many wonderful things to say about the Caleb Group's generosity and beautiful singing talent. Management and staff at the home would like to thank the Universal Church of the Kingdom of God and their Caleb ladies for making a frosty morning a little bit warmer with their kindness.





Ladies from the Universal Church of the Kingdom of God's Caleb Group, treating the residents to songs



Gabisile Kubheka



Ivy Twiggs and Rosemary Earp-Jones



Patience Lugongolo and Caroline Botha



Cebi Kunene



Alettavan Jaarsveld, Piexie Pitout and Renata Denham



Ladies working hard in the kitchen: Wendy Prinsloo, Comalita Botha, Bef Salmond and Patty Cunningham
Right: Estelle and Richard Boucher



A busy weekend at the Country Club

The Ladysmith Country Club was a buzz with activity over the last weekend of July. The jam-packed weekend kicked off with a karaoke fundraiser evening. Locals were treated to pancakes and other tasty snacks. While a group of young girls took to the stage and gave their best performance to Frozen 'Let It

Go.' Pierre Turconi shocked everyone with his fabulous singing talent, with his version of Frank Sinatra's 'My Way.' Thank you to Quintin and Adam for making this evening possible. It was a phenomenal success! You aided in the massive sales at the bar, and know that it was a welcome injection for the club.



Colin and Janine Lewis



Hlengiwe Hlongwane



Pierre Turconi



Ladysmith locals enjoying the festivities at the Country Club



Sisters-in-law Ronel and Elsje Watkins



Marietjie and Flip Fourie with Dolf Pollard



Lilly, Chané and Séla



Bertus and Adam Watkins



Dr Marinus and Ansa Pretorius



Dr Paul and Els Adendorff



A life of service

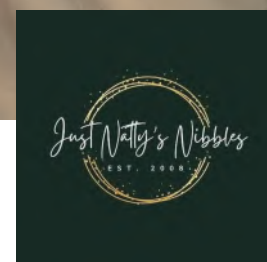
Natalie Powell was one of the people who assisted Patty Cunninghame in the co-ordination of the Juana Maria Frail Aged Home golf day fundraiser at the Ladysmith Country Club. She is the owner of Natty's Nibbles, and runs a local women's group called; Empowered Women. This group focuses on encouraging women in business. Giving small independent businesses support and much needed exposure.

"As women, we need to support each other, this is because we are all essentially the same. We work hard and we have a lot of responsibilities, running our households, raising children and striving to achieve our business goals. It's a tough world out there for small businesses and this is why we have to support each other. Being a successful woman is not just important to the individual, it is also important to our town and to our families. Woman are the central point of their families; from that position, she can encourage success by being an example to her children.

When a woman succeeds, she shows her daughter that she can achieve anything she puts her mind to and she teacher her son to see women as equals, who de-



Natalie and Justin Powell



serves to be respected. It's just a positive thing overall." Natalie comes from a corporate world in Durban where she worked at numerous corporate financial services providers.

"During my time in the corporate world, I became involved in organizing functions such as golf days and secretary days. It just took off from there."

Natalie and her husband Justin, who is a qualified, experienced chef, teamed up to plan and oversee weddings.

"Justin and I did over 100 weddings in the Durban area. It's so satisfying to know that you played a role in making some-

one's special day perfect." She is putting her skills to good use since moving to Ladysmith.

"Through our empowered women's group, we help women run a successful business, focusing on areas such as financial management and marketing."

The couple is also involved in a project to get local farmers, artists and performers together to sell and showcase what they have to offer.

"Our goal is to get Ladysmith involved with its own people and to promote the idea of buying local."





Pierre and Glynis Turconi with Charmaine and Sarel van der Merwe



Michela Hutley and Jethro Jevon

The end of a fabulous weekend

The fundraising weekend held at the Ladysmith Country Club in aid of Juana Maria Frail Aged Home, came to a beautiful end with a golf and bowls day. Esje Watkins, Patty Cunninghame, Juana Maria Frail Aged Home Management and residents, would like to thank everyone who made this wonderful day possible. "We were overjoyed with the support from the community. People of Ladysmith never ceases to amaze me."

The karaoke evening was well supported. Businesses, individuals and friends made sure to get involved in the golf and bowls day. People brought their friends and families, got together and spend some time at the Country Club. Thank you to the sponsors of the raffles and everyone who took part in that. We are so incredible grateful for the support!"

Here are the sponsors, in no particular order: James Kriel, Corné Stevens, Estelle Boucher, Roeleen Willshire, Chanele from Fruit & Nuts, Awesome Orange, Just Natty's Nibbles, Wynhand Wessels, Ryan Seele, MJ's Suga Shack, Essen Pharmacy, Rina Grobler, The Coffee Shop, Wow Wee Toys, City Blooms, MSC Agencies, The Slouchy Beanie, Durban Overall, Reyneke and Erasmus Accountants, Alpha Pharm Pharmacies Ladysmith, Springbok Lodge, TFS Wholesalers, Convent Hill Lodge, Egerton Manor, Bingelela, Hoffman House, Windmill Farm, Mark Downs, Health & Gift Shop, Paintings by Leah 'O'Brien and Nora Simpson. K&B Meat Merchants, Usuala White, DJ Q, Teelims Fruiterers, Super Spar Ladysmith, Bergville and Winterton.



Ryno Erasmus and Kote Snyman

Marieta van Schalkwyk. Klipriver Bakery, Jacobus Boerdery, Wimpy Ted's Ladysmith, Madelein van den Berg. Canvas and Tent, Top Carpets and Floors, De Francas' Spar, NTT, MUJI Motor Group, Hoffman Land Surveying, Oasis. MGG Toyota Ladysmith, Toyota, TC, Ladysmith Country Club. Mi Liquors Spot On, Tracy's Homemade Jams, Bidfood. Five-o Labels, Spice Connection, Essential Oils South Africa doterra. HP Ladysmith, Vleissentraal. 1 Stop Computers and Dedekind Real Estate.



When the time is right

Making the move to an old aged home is a big decision, how do you know when the time is right?

The idea of staying at an old aged home can be scary for some. Juana Maria Frail Aged Home's Matron, Nellie Franck, shares advice on how to know when the time is right to make the move to an old aged home.

"It's a tough one, but it is very important to take action when you realise that you can't take care of yourself like you once could. When you become increasingly forgetful, this would be a good time to make such an important decision. Don't wait too long, make the decision while your mind is still clear. If you don't, then someone else will make the decision for you and it causes unnecessary upset and confusion.

Don't leave that important decision to your children to make. When a spouse dies, it is often a good time to look at the possibility of moving to an old aged home. Loneliness might sound harmless, but it is downright dangerous for elderly people. Loneliness can lead to depression, cognitive decline, high blood pressure, dementia and other, serious mental and physical problems. At the home, our residents do not have to worry about cleaning, cooking, laundry and the upkeep and maintenance of property. Here they can relax and rest in the knowledge that they are never alone, unless they feel like they want to spend some time by themselves, but the option of company is always

there. Virtually every day there is something happening in the dining room.

We have regular church services and Bible studies, nourishing the soul, and a chef on the premises nourishing the body with healthy meals. There are other activities in which residents can participate. They can choose to watch others play games or play themselves, or they can choose to have tea in the garden instead. There's always something interesting happening. It is important to be realistic, an old aged home is not a prison. Family and friends are always welcome to visit, or our residents are always welcome to go visit their relatives. If you make the choice, know that you



are not going to be a prisoner, your life is not over. All it means is that you will be surrounded by more people who care about your wellbeing.

It's the small things that matter, things like making sure a resident gets the medication that they need to take every day. And those in frail care are taken care of 24

hours a day, but that still doesn't mean that they are restricted.

There are no visiting hours, family can come whenever they want and stay with their elderly as long as they need to.

Those who have to make use of government hospitals also don't need to stand in long queues at the government hospital. We arrange

scrips and medication for them from the provincial hospital. Those residents in the cottages are not under our watchful eye day and night.

They live independently, yet still in a community with their peers, which is still a healthier choice than living in a big house as an elderly person all by yourself."

Who is Matron Nellie Franck?

An important part about being a Christian is to walk by faith and not by sight. We cannot know what's in store for us, but what we do know is that God has a plan for us, a plan that will prosper us and give us hope and a future. Matron Nellie Franck walked by faith her whole life. As a child she realised that her path would be caring for others, healing and helping them. She is the head matron at Juana Maria Frail Aged Home, a position that she feels lucky to have, but not something she ever thought she would do. "I love people and I enjoy caring for the sick. I especially love babies and children, I never thought that I would be this happy caring for the elderly." Nellie's Journey began when she enrolled at nursing school in Potchefstroom. "I was excited to start my education as a nurse, to leave home, and probably, most of all, to live in Potchefstroom." It turned out as exciting as she hoped it would. Besides finally making her childhood dream of being a nurse come true, she also had the opportunity to meet amazing people and make some dear friends. The most important friend that she made was Blok

Franck, a young theology student. "Our love blossomed, and soon we decided to get married, but my father insisted that one of us had to finish our studies first, so after four years, I was the first one to finish. It was a glorious day when we finally got married." After Ds Franck finished his studies, he had his two-year conscription to do, this took him to Phalaborwa where he did his basic training and served as a chaplain. He was then appointed to a Dutch Reformed Church in Namibia to serve as a reverent. "This was his first congregation and, in many ways, Namibia was a place of firsts for our family." This is also where the Francks welcomed four children to their family, but soon it was time for them to move on, they lived in Bothaville and later in Ellisras. When Ds Franck was called to Ladysmith, all four their children were grown, educated and married. "It was sad for me to embark on this new journey without the children, but at least one of our daughters are here in Ladysmith now."



Ds Blok Franck and Matron Nellie

Nellie took a nursing position at a private hospital. "I was very happy there, I worked in the pediatric ward and I got to spend a lot of time with young children and babies." This was until the position of matron opened at Juana Maria Frail Aged Home. "I never thought about working exclusively with the elderly, but there was a stirring in my heart, that I was needed here. So, I took a leap of faith. I can't believe how fulfilling my work is here. I am truly at home here."

What we spend our time on

DEFINES WHO WE ARE

New committee member, Comalita Botha talks about her love for the elderly and her desire to make a difference

“Time is free, but it’s priceless. You can’t own it, but you can use it. You can’t keep it, but you can spend it. Once you’ve lost it, you can never get it back.” - **Harvey MacKay.**

Newly elected committee member at Juana Maria Frail Aged Home, Comalita Botha understands the importance of time. “Time has this way of showing us what’s important in life.

We all get a certain amount of time, no one can be sure how much of it we have.

You have to decide what you spend your time on, because once you lose time, you can never get it back.”

This is why Comalita decided to spend her time working towards making the old aged home a better place for both workers and residents. “Often the elderly can feel neglected and abandoned, it is up to us to make them feel loved, wanted and appreciated. I hope that I can make a difference for the residents, because I feel that, in life, we will always reap what we sow.”

Comalita was invited to join the committee through existing members. “Juana Maria Frail Aged Home is an important part of the Ladysmith community; it is crucial that the committee of the home keeps evolving and stays active.

The home is a major benefit to our town.”

She is dedicated to living her best life every day. “In 2019, I fell ill and had a few tough decisions to make.

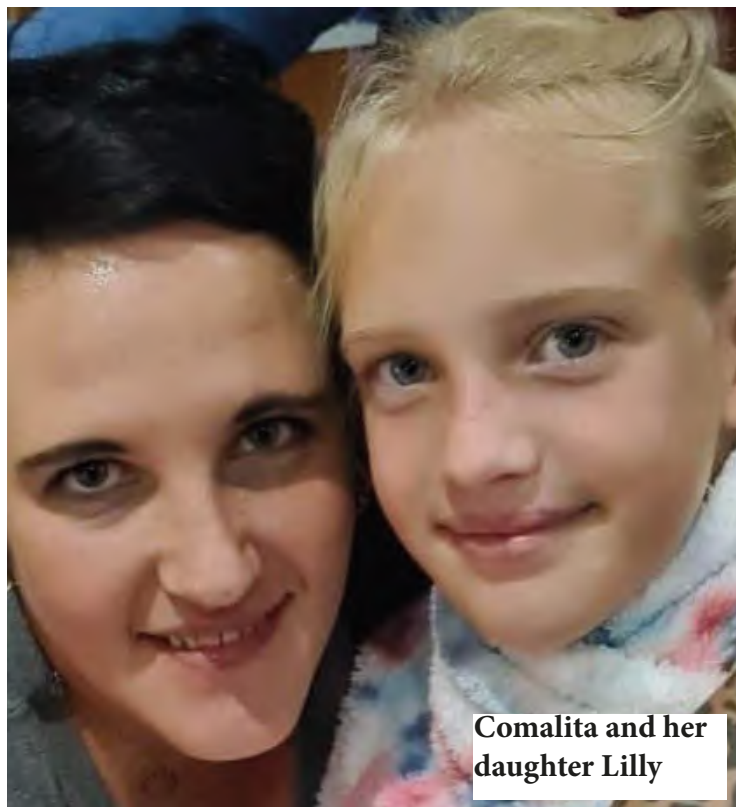
It was a time of serious reflection, getting my life in order and rethinking my future. There were moments during that time when I thought that this would be all the time that I have. It was hard imagining that I might not get to see my little girl grow up. It also makes you wonder

what did you leave behind?

I want her to learn that despite your circumstances, which are often out of your control, what matters in the end is what you did with the time that you had.”

Her daughter, Lilly, is now nine years old.

“She is a dreamer, and all good things start with a dream.



Comalita and her daughter Lilly



Being a parent taught me to be kinder towards myself, as a parent, you will make mistakes, but that is how we learn.

When you fail, you get back up and try again.”

This ambitious entrepreneur is used to having multiple irons in the fire. “Life requires us to work hard, take leaps of faith, but above all, make wise decisions.

My decisions effects the lives of those around me, this is why I can’t make them lightly. Being a business woman is almost like playing chess, you have to stay ahead and foresee the unforeseeable. These skills will be useful in my time with the committee.”

Comalita is excited to get involved and make a difference.

“I love the elderly, they have exceptional life experience to share and a wise person listens when someone talks, because you never know, you might learn something new.”



Eat your way to good health

Registered Dietician, Jandri Barnard, gives us a few tips on what to eat and what you should banish from your diet to keep your BP in check

Hypertension is the medical term for “High Blood Pressure” (BP).

Blood pressure is the force that develops in artery walls due to the blood flowing through them.

Dangers and complications include:

Heart disease, stroke, damage to the eyes, kidney disease and even circulation problems in your arteries. Have your blood pressure checked by your doctor at every visit. Always make sure you follow your doctor’s advice or treatment plan exactly.

Symptoms of hypertension to look out:

- * Headaches
- * Blurring vision
- * Rapid heart rate
- * Chest pain
- * Muscle twitching
- * Tiredness and dizziness

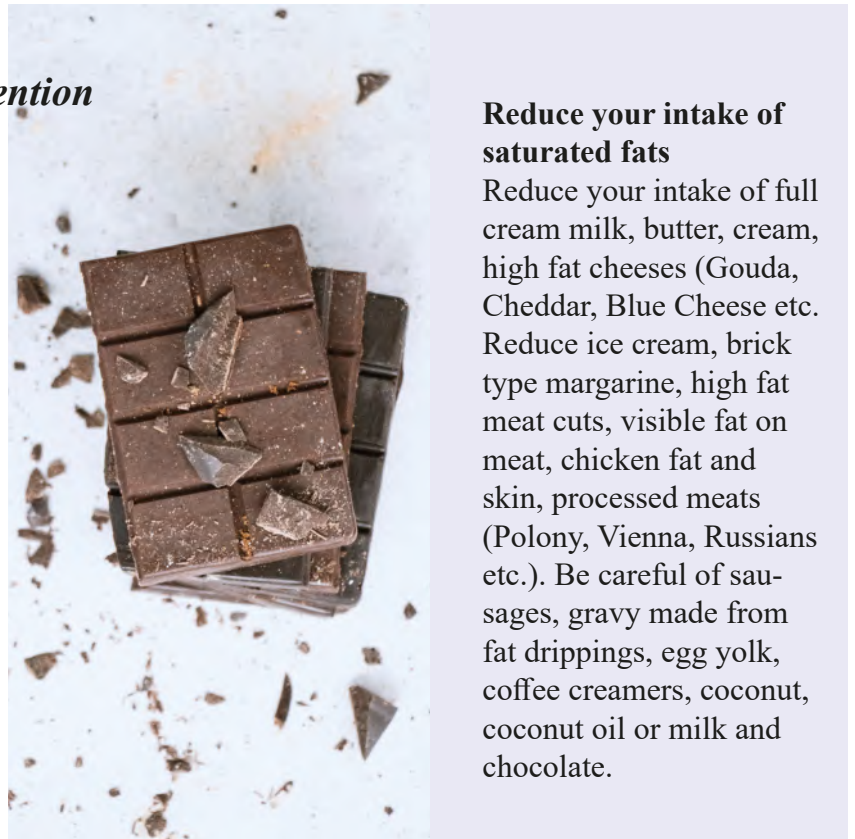
Follow these steps to reduce hypertention

Lose weight:

Excess weight adds strain to the heart and weight loss is the most effective drug free method of lowering BP.

Increase exercise:

Try to do between 30 and 45 minutes of exercise, 4 times per week. This can include walking, cycling, jogging, swimming, dancing etc. These activities can improve heart fitness and can lead to weight loss.



Reduce your intake of saturated fats

Reduce your intake of full cream milk, butter, cream, high fat cheeses (Gouda, Cheddar, Blue Cheese etc. Reduce ice cream, brick type margarine, high fat meat cuts, visible fat on meat, chicken fat and skin, processed meats (Polony, Vienna, Russians etc.). Be careful of sausages, gravy made from fat drippings, egg yolk, coffee creamers, coconut, coconut oil or milk and chocolate.



Reduce your intake of salt/sodium

Restriction in salt/sodium intake can decrease BP and the effect of BP-lowering drugs is improved when one limits your intake of salt. Avoid adding salt during the preparation of food or while eating. Avoid using soup powders, gravy powders, meat- or vegetable extracts and other sauces during the preparation of food.





Substitute saturated fats with limited amounts of unsaturated fats like soft type margarine, sunflower oil, canola oil, olive oil and avocado. Do not heat these oils as they become saturated fats, and lose their good qualities during the heating process.

Stop smoking:

Smoking is a major risk factor for cardiovascular disease

Increase your intake of Potassium

Potassium is a mineral that helps to lower blood pressure. Try including 3 different fruit and 2 vegetables into your diet per day, to ensure optimal intake of potassium. Sources include citrus fruit and juices, dried fruit, bananas, grapes, melon, peaches, mango, paw-paw, watermelon, oranges, apricots, tomato, dried beans, potato, sweet potato, spinach, carrots, pumpkin, avocado and whole wheat starches.

Increase your intake of omega 3 fatty acids

Omega 3 fatty acids are very effective in reducing hypertension. Try including dark fleshed fish such as tuna, pilchards, sardines, mackerel, herring, salmon or trout. Avoid using tinned fish in brine, rather opt for tinned fish in oil and drain the oil before using. Incorporate these into your diet, once or twice a week.

Increase your intake of Calcium

Calcium is required for nerve transmission and regulation of heart muscle function. Sources: low fat or fat free milk, low fat yoghurt, low fat cheese, fish and dark green leafy vegetables.



Limit alcohol intake:

Alcohol increases BP and reduces the heart's pumping ability, it also interferes with the effectiveness of BP-lowering medications.



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A healthy kitchen staple



Fluffy Banana Futurelife Smart® Oats Flapjacks

A recipe by Jandri Barnard

Makes 8 flapjacks, depending on size

Ingredients

- * 140g Futurelife Smart® Oats
- * 30g flour (almond flour can be used as an alternative)
- * 1tsp salt
- * 2tsp baking powder
- * ¼ tsp bicarbonate of soda
- * 2 eggs, separated
- * ¼ cup honey
- * ¾ cup milk or almond milk
- * Butter or coconut oil, for frying

Method

1. Place the Futurelife Smart® Oats in a food processor, if you want a finer texture.
2. Add the Futurelife Smart® Oats, flour, salt, baking powder, bicarbonate of soda, runny honey

- and egg yolks in a mixing bowl. Mix well with a wooden spoon. Then slowly add the milk and mix again.
3. Use an electric beater to beat the egg whites until stiff peaks form. Fold the whipped egg whites into the batter until well combined, but don't overmix it.
 4. Heat butter or oil in a small pan over medium heat. Pour batter in small amounts into the pan and fry on both sides for about 45 seconds, until bubbles appear. Repeat until all batter is used.
 5. Top with fresh or fried banana slices and extra honey.

The humble banana holds many health benefits. It has a number of essential nutrients, which can help maintain heart and digestive health. Let's take a look at some of the healthy stuff in a banana.

Bananas are full of fiber; one medium sized banana contains 3 grams of fiber! Unripe bananas contain resistant starch, which is not digested by the body, instead, it moves to the large intestine and becomes food for the good bacteria in the gut.

Potassium is essential for heart health, especially in the case of blood pressure management. Bananas are packed with this heart friendly mineral. Bananas are an excellent source of antioxidants. Antioxidants prevents oxidative damage to cells caused by free radicals. Plenty of reasons to include this delicious treat in your daily diet!

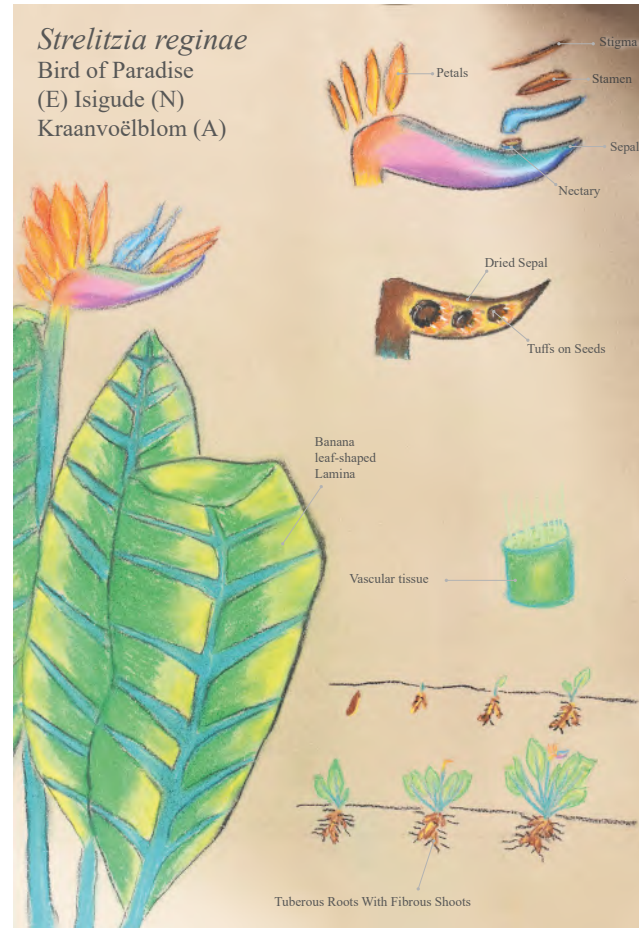


A PARADISE IN YOUR GARDEN

*Landscape Architecture student at Tuks, Jadee Mac Donald, talks about the *Strelitzia reginae* and why this plant is a wonderful choice for your garden*

The *Strelitzia reginae* is known by many names including: the crane flower, bird of paradise and orange *strelitzia*, to name but a few! This plant's name has royal roots! It was named after Queen Charlotte, who was the wife of King George III, who ruled over Great Britain and Ireland from 1738 until 1820. He hailed from the house of Mecklenburg-Strelitz. The Latin part of the name, *reginae* means 'of the queen.' The *Strelitzia reginae* is one of the five *strelitzia* species occurring naturally in South Africa (indigenous). The bird of paradise requires little maintenance and moderate watering. All you have to do is cut back the dry leaves and flower stalks to keep the plant tidy. While this plant will give you a stunning display when it is

mass planted in the garden, it also does well as a pot plant. The bird of paradise is a popular plant to use in flower arrangements since the flower as well as the foliage lasts long in a vase. This plant needs full sunlight, although, they have been known to thrive in the shade on forest margins, when they occur in these spaces naturally. In your garden, the bird of paradise attracts bees and sunbirds, in some cases, even mouse birds. Like most indigenous species, the bird of paradise is fairly resilient towards local pests. This means that you won't need to use harsh pesticides to keep the plant healthy. This versatile



plant was used by the local abakwaMthethwa clan to treat venereal diseases and inflamed glands. Interestingly, its seeds are used to sour milk by Capetonians. If you are a very patient person, you can grow the *Strelitzia reginae* from seed, but you will have to wait between three and five years for it to flower. It might be advisable to opt for a seedling instead or take cuttings from an existing *Strelitzia*. The *Strelitzia reginae* is just another example of the truly beautiful flora that we have in South Africa.