



methodist homes



*This issue compiled by Ron Cleland of Irvine Villa
email: cleland@intekom.co.za*

MHA on the Bay



**No. 16
June 2016**



Music, Munchies and More Magic!!!

On Friday 22 April 2016 residents of the Bob Zeiss Bedsitters, the CP Bradfield Frail Care, many residents of Cassia Gardens and the members of their Caring & Fellowship group, who arranged the event, as well as a few invited guests, were treated to a fantastic tea party. The highlight of the party was a performance by the Lorraine Primary School Band. Many of our treasured Nonagenarians and our Centenarian attended!



The talented Lorraine Primary School Band

The Bedsitter Lounge was filled with happy and noisy residents and helpful staff. The tables were laden with scrumptious cupcakes and sandwiches provided by our wonderful friends at the Sunridge Superspar. Lively music was created by the talented young musicians, playing a variety of brass, wind and percussion instruments.



After their performance, the young musicians mingled with the residents and guests, bringing joy to all.

Croquet Return Match



Pat O'Reilly of Annesley Gardens looks on as Sheila van der Merwe of Cassia Gardens lines up her next shot.

Saturday 14th May saw 25 residents of Annesley Gardens/Sheariton travel to Cassia Gardens for a return croquet match for the one played at Annesley in August of last year. No actual scores were kept in the games played at Cassia, so we think that the result can be called a draw.

Everyone enjoyed the trip, and the reception by the residents of Cassia was fantastic. A special word of thanks must go to those involved in organising the playing arrangements at Cassia and for setting out two special pitches for the games. Also very special thanks to the ladies who did the catering for the refreshments after the games. They were amazing, and all the visitors passed compliments on the array of food.

Once again thanks to all who took part in the trip, and thanks to the residents of Cassia Gardens for the warm reception.

(article submitted by Maurice Watson)

In this issue

Music, Munchies and More Magic	Page 1
Croquet Return Match.....	Page 1
Double Celebration.....	Page 2
Julie Andrews' 79th Birthday Performance ...	Page 2
A Tribute to our Senior, Senior Citizens.....	Page 3
International Nurses' Day.....	Page 4
Cassia Gardens Fellowship "Braai".....	Page 4
All I really need to know.....	Page 4



**This edition sponsored by
Klinicare Pharmacies 086 999 0981**

script savers

Double Celebration

Blossom Ntamo, who was until recently a care worker at Annesley Gardens/Sheariton, has now been given an opportunity to take a step up the ladder of success, by being transferred to the CP Bradfield Frail Care team. The village residents were sad to see her go, but pleased to know that her hard work and dedication have been recognized. The following is what appeared in the May edition of the Annesley Gardens/Sheariton Newsletter:

Hambe kakuhle..... *It is with very mixed feelings that we say Good-Bye to our Methodist Homes care worker, Blossom Ntamo. We are pleased for her that she has the opportunity to advance her career and to work in Frail Care under the guidance of Matron Margie Kampman. But we are going to miss her.*

- *We will miss the rapid beat of her steps along the pathways.*
- *We will miss her cheerful Good Morning.*
- *We will miss her warm sense of humour.*
- *We will miss her uninhibited and raucous laugh.*
- *We will miss her amazing variety of hats (shared with Albert, the village grounds man!).*
- *We will miss her thoughtfulness in her caring.*
- *We will miss the world's fastest bed maker.*
- *We will miss this little lady who fills such a large role.*

(If Bed Making ever becomes an Olympic sport, we will enter Blossom to make beds for South Africa!). We wish her God's richest blessings in her new position, and thank her for all she has meant to all of us.

Blossom Ntamo with resident Mavis Stewart



The Second "Celebration" is a first for the MHA

The **second reason** to celebrate has to do with Mavis Stewart who, with her late husband Charles, were pioneer residents at Annesley Gardens, moving into cottage 30 as soon as it had been built in 1990. Mavis moved to Bedsitters in 2006, and to CPB in 2015. Mavis recently celebrated her 97th birthday!

Now, in what may well be a "first" within MHA, Mavis' son Robert and his wife Olga have recently moved into a cottage at Annesley Gardens....two generations within the MHA "family" at the same time!!



Mavis Stewart's son Robert and his wife Olga are seen above at their cottage. In keeping with the "blossom" theme, the Stewarts have brought along lovely, colourful flower pots for the front patio and back garden of their cottage.

Julie Andrews' 79th Birthday Performance



To commemorate her birthday, Julie Andrews made a special appearance at Manhattan's Radio City Hall for the benefit of the AARP. One of her numbers she performed was "My Favourite Things" from the legendary "The Sound of Music". Here are the lyrics she used.

*Botox and nose drops and needles for knitting.
Walkers and handrails and new dental fittings,
bundles of magazines tied up in string.
These are a few of my favourite things.*

*Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
pacemakers, golf carts and porches with swings.
These are a few of my favourite things.*

*When the pipes leak, when the bones creak,
when the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad*

*Hot tea and crumpets and corn pads for bunions,
no spicy hot food or food cooked with onions.
Bathrobes and heating pads and hot meals they bring.
These are a few of my favourite things.*

*Back pain, confused brains and no heed for sinnin'
thin bones and fractures and hair that is thinnin'
And we won't mention our short shrunken frames,
When we remember our favourite things.*

*When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I won't feel so bad.*

Julie Andrews received a standing ovation from the crowd that lasted over four minutes and called for repeated encores.

Tribute to Our Senior, Senior Citizens



SOME OF OUR BELOVED SENIOR, SENIOR CITIZENS!

Clever mathematical people understand a probability theory called the Law of Large Numbers (LLN). The LLN is important because it "guarantees" stable long-term results for the averages of some random events. For example, while a casino may lose money in a single spin of the roulette wheel, its earnings will tend towards a predictable percentage over a large number of spins, so that the casino comes out on top. LLN is also critically important to the insurance industry, in understanding frequency of events such as mortality, fires, motor accidents and the like.

While all of the above is fact, we present it here tongue-in-cheek. More important to MHA, and to all the residents and staff, is that the Law of Large Numbers (related to age, that is) applies all over our villages, apartments and frail care rooms. Currently 13% of total residents have reached the "large number" age of 90 or more; 68 are Nonagenarians, and we have one Centenarian. What an example they are to everyone!

The collage (with thanks to our roving village photographers), was created by our obliging printing and layout expert Michele from CopyShop, and depicts many of our Nonagenarians, as well as our Centenarian, and two members of staff.

INTERNATIONAL NURSES DAY: 12 MAY 2016

International Nurses Day is celebrated around the world on 12 May annually, the date of Florence Nightingale's birth. The theme for 2016 is "A Force for Change: Improving health systems' resilience".



Methodist Homes nursing staff celebrated this significant day by lighting candles, and saying the Nurses Pledge of Service. They made use of two symbols:

- ★ The Candle; as the light of comfort, hope, care and devotion towards residents.
- ★ Their Hands; as a symbol of service, love, compassion and care.

All nursing staff re-committed to the nursing profession by the spreading of light, love and compassion. Throughout the celebration ceremony the nursing staff were all aware of the immense tasks and responsibility they have in working with the elderly at the end stage of their lives.

(Article submitted by MHA's Nursing Services Manager, Matron Margie Kampman)

Cassia Gardens Fellowship Group Host a Braai



The Fellowship/Caring Group at Cassia Gardens thought that it would be an excellent idea to bring residents together with residents of the Bob Zeiss Bedsitters and CP Bradfield Frail Care, to enjoy companionship and lunch together.

This took place on Friday 18 March 2016 in the Bedsitters' dining room. It was a resounding success. The boerewors rolls, salads and pudding were excellent, and there was certainly no shortage of conversation and happy noise amongst the over 100 residents.



The communal lunch really reinforced the need of getting together with others in a spirit of community. This event organized by the wonderful Fellowship/Caring Group at Cassia Gardens was appreciated. Bless you all for your wonderful gesture and to staff and others for doing "waitress" and braai duty.

All I really need to know



Sometimes one gets tired of thinking big thoughts, of trying to turn contradictions into paradoxes, of wrestling with some of the confusing, conflicted issues of human relationships. Mind you such work needs to be done for I have come to believe that living an unexamined life leads to futility. But true and as all this may be, when I need a break from such thinking I turn to one of my favourite authors, Robert Fulghum. He thought deeply about his life and then came up with the following Credo.

"ALL I REALLY NEED TO KNOW about how to live and what to do and how to be, I learned in kindergarten. These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that are not yours.
- Say you're sorry when you hurt someone.
- Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.
- When you go out into the world, watch out for traffic, hold hands, and stick together."



Think about it. Extrapolate any one of the above into sophisticated adult terms and apply them to our families, our communities, our sporting clubs, our churches and our government, and life could be a lot more creative for everyone. One example will do.

"Don't take things that are not yours," would mean the end of corruption. So think deeply but remember, take time off and get back to the kindergarten.

George Drvine



*This edition sponsored by
Klinicare Pharmacies 086 999 0981*

script savers