

methodist homes



MHA  
on the  
Bay

This issue compiled by Ron Cleland of Irvine Villa  
email: roncleland@ronsal.co.za

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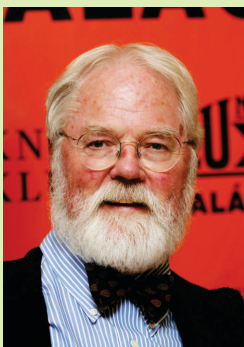
## MEET THE MHA BOARD

At the AGM held on 7 August 2019 Neil McLaggan was re-elected Board Chairman.  
The resignation of Odwa Mtati was received;  
MHA thank him for his several years of service to the organization.



The full Board of Directors, as shown in this photo (left to right), are:  
Rev George Irvine (Founder President), Malcolm Stewart, Sr Lesley Lawson, Kevin Helm, Thoft Soga,  
Michael Burmeister, Thuthuka Songelwa and Neil McLaggan

**A quote by Robert Fulghum,  
an eminent American Author  
and Unitarian Universalist Minister**



"The grass is not, in fact,  
always greener on the other  
side of the fence.  
No, not at all. Fences have  
nothing to do with it.  
The grass is greenest where  
it is watered.  
When crossing over fences,  
carry water with you and  
tend the grass  
wherever you may be."

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## MHA'S TALENTED ARTISTS



We are blessed with having some really talented artists in our midst; Beryl Watkiss and Neil Frames, both now resident in CP Bradfield Frail Care, have produced wonderful work, and some examples adorn the walls at Cragg House (our Head Office) and in Maranatha's community hall. There are others, too, who have shared their wonderful artistic talents.



We can now proudly add Jean Ender to our brag sheet! Jean moved to Cassia Gardens about a year ago, and she has recently held an exhibition (and not her first, either!) at Art-on-main in the Moffett On Main shopping centre.

Jean had artists among her relatives, but she only took up painting when she turned sixty. She concentrates on oils, and chooses the African bushveld as her favourite subject matter.



Congratulations, Jean; you produce beautiful pieces of art!

*(with thanks to Tony Mannering of Cassia Gardens for this material!)*

## "OWLDERSGATE" VISITORS!!



A few Spotted Eagle Owls are regular visitors at Aldersgate in Greenshields Park, and some have even taken up semi residence in the Village. They roost during the day, and they hunt at night!

Colin and Lynette Urquhart, Aldersgate residents and seriously talented birders, hear the owls on the odd occasion late at night, calling to one another; they (the owls, not the Urquharts!) are hard to find unless they are standing out against the night sky. The owls are to be seen on the ground, in a tree or on a roof.

Apparently the owls like to hunt in Aldersgate due to the street lighting and the constant supply of moles, pigeons, doves and maybe even rats. Some residents put out grain for the Feral and Speckled Pigeons and Laughing and Red-eyed Doves; this in turn may lead to excess seed being available to birds and any other creatures from the adjacent Moffett on Main shopping centre or in the surrounding fields.

It's good to know these graceful owls still manage to survive in such a built-up area crawling with so many cars and humanity.

*(with grateful thanks to the Urquharts for their contribution)*

## ONE GOOD TURN DESERVES ANOTHER - AND SOME CHOCOLATE!



Every year residents at Cassia Gardens collect Easter eggs for the children attending the nearby Sunridge Pre-Primary School; this is a reciprocal gesture for the flowers lovingly received from the children when they visit the Village every Valentine's day.

Easter eggs were also given to residents of CP Bradfield Frail Care and the Bob Zeiss Bedsitters. In addition, this year the big-hearted Cassians also handed Easter eggs to the children at Little Dolphin Play Centre, across the road from Sunridge Pre-Primary.

Chocolate, like Easter eggs, brings people together, spreads joy, and has many health benefits (a medical fact!). A wise person said this: "As with most fine things, chocolate has its season. There is a simple memory aid that you can use to determine whether it is the correct time for chocolate: any month whose name contains the letter A, E, or U is the proper time for chocolate!"

An equally wise person (also a woman, by the way!) said: "There is nothing better than a friend, unless it is a friend with chocolate"!!

Enjoy these lovely Spring days, in the company of a new or old friend----and some chocolate!

*(with thanks to Tony Mannering of Cassia Gardens for the photographs, and reporting of the event)*

## WALMER METHODIST CHURCH



**Singers  
visit  
Maranatha**

On the 17 May, a couple from the Walmer Methodist Church visited the Maranatha Frail Care. Charmaine and Johann Potgieter sang some favourite hymns. The folk in the cottages were invited to join in the singing. A lovely time was had by all. At the end some of the staff and Mrs Futter from the Frail Care joined in to sing the final hymn.

*Johann and Charmaine, at left, supported by staff and a resident of Maranatha*







### Growing older: What's positive about that?

Woody Allen suggests that you can live to be a hundred if you give up all the things that make you want to live to be a hundred. He may have a point but it is no guarantee that we will avoid stiffening joints, weakening muscles,

fading eyesight and the clouding of memory as we age. And as the famous songwriter, poet and novelist Leonard Cohen said (his most famous song being 'Hallelujah'), *"My friends are gone and my hair is grey, I ache in places I used to play."*

We cannot shy away from the fact there are many aspects of ageing which are undeniably hard. We all have fears, of course, but we are surely one of the lucky ones. Many people never had a chance to see the view from where we stand. Although many people resist the changes that occur with every birthday, getting older is a privilege. We often ignore the benefits of maturing, with this "third age" potentially one of the most fulfilling times of our life.

#### The good news

A study that followed people ages 18 to 94 for a decade found that they got happier and their emotions were less labile as they aged. In general, when people start out on adult life, they are, on average, pretty cheerful. Known as the U Bend of life, the study found that things tend to go downhill from youth to middle age until they reach a low usually associated with the so-called mid-life crisis. The surprising part happens after that as people move towards old age. In spite of losing things they treasure—vitality, mental sharpness and looks—they also gain what people spend their lives pursuing: happiness together with a greater sense of contentment. The upward trend doesn't continue indefinitely with the levels of satisfaction usually dipping in the last few years of life. Even though averages are used, this pattern has been detected in many large-scale studies with the U-shaped curve emerging very clearly from data gathered from half a million Americans and Europeans.

#### Benefits of growing older:

Studies and surveys indicate that one of the most exciting prospects of living a longer life is seeing your children and grandchildren grow up. Other highly rated benefits reported are to be able to spend time with friends and family and to have more time to do the things you enjoy. Importantly we tend to be better at living in the present, focusing more on things that matter now. And we become more aware of the loveliness of simple things: a cup of coffee with a friend, a walk on the beach, sunsets and sunrises, a night of good sleep, a good laugh.

In this era of extended life expectancy the paradigm has changed. It is no longer how long will we live, but how can we be happy in the process. And to help us transcend the ageing process we need to reframe ageing as a passage of discovery and engagement, not decline and inaction. It's a challenge we need to take seriously.

Jan Wiseman

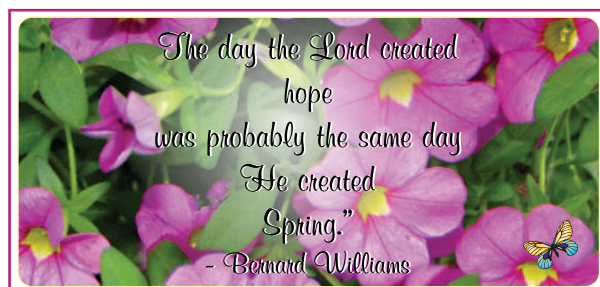


## Cassia Gardens reaches out to Uviwe Child Youth Services at the new ECD Centre, Gelvandale

While recent upgrading one of the cottages at Cassia Gardens one of the replaced carpets which was in fairly good condition was considered as suitable for donation to a youth centre in the northern suburbs for a reading corner and morning ring.



Seen in the delightful picture above are a group of young children comfortably seated on the donated carpet.



## The Power of One Vote.... Here are some instances where one vote made all the difference...

In **1876**, one vote elected Rutherford B. Hayes to the presidency, and the man in the Electoral College who cast that vote was an Indiana Congressman elected by one vote.

In **1916**, Woodrow Wilson was elected President by carrying one state by less than one vote per precinct.

In **1920**, women won the right to vote by passage of the 19th amendment to the Constitution. Tennessee, the last state needed to pass the amendment, ratified the amendment by one vote.

In **1968**, Hubert Humphrey lost and Richard Nixon won the presidential election by a margin of fewer than three votes per precinct.

In **1800**, one vote kept Aaron Burr from becoming President. That one vote elected Thomas Jefferson.

In **1868**, one vote saved President Andrew Johnson from impeachment.

In **1776**, one vote gave America the English language instead of German.

In **1875**, one vote changed France from a monarchy to a republic.

In **1923**, one vote gave Adolph Hitler leadership of the Nazi Party.

In **1960**, John F. Kennedy's margin of victory over Richard Nixon was less than one vote per precinct.



E/N Audrey assists a blind lady

## The Nikithemba Outreach Programme in Gqebera Township continues to be a significant part of the MHA Community Outreach Service.

The Programme makes a meaningful difference in the lives of the 60 elderly Residents that it serves.

The appointment in January 2019 of E/N Audrey Frost has made for closer supervision and accountability of the 5 Carers involved in the Programme. In addition she fulfills a teaching role to improve the knowledge of the team.

E/N Frost comes with many years of experience in Geriatric nursing and was a valued member of CP Bradfield until her retirement. She is fluent in Xhosa. What this additional professional supervision means to the Residents is made obvious, for instance, by a marked improvement in the number of Residents taking their medication appropriately and keeping clinic appointments. This translates into their improved quality of life.

At a recent team meeting a Resident with terminal cancer was discussed and a subsequent referral to St Francis Hospice was facilitated. The Resident received appropriate Palliative care through visits by a Hospice Sister and was enabled to die peacefully at home. This collaboration with other role players such as Hospice and the local clinics makes for better care for the elderly Residents in the Nikithemba programme.

The provision of a nourishing meal continues to be an important part of this Service. Discussion is ongoing to ensure that the efficient delivery of these meals and their nutritional value is monitored.

It is always with deep gratitude that the Residents receive the items donated so generously by Village Residents.

It reminds them that they matter in a world where sometimes they feel forgotten.

Please know you have made a difference in the life of someone you will probably never meet.

*Sr Lesley Lawson*



## Faith or Foolishness

Ever since I made the choice to respond to an invitation and "give my heart to Jesus" I have been blessed with a sense of wonder and adventure in doing life with and for Jesus.

My journey began as an embrace of One who invited me into a relationship of trust. Given that each of us is different and circumstances vary there are many other equally valid experiences, I am sure. Allow me, however, to explore a little of what this means for me.

As I reflect on trust I realize that by definition it requires a willingness to go beyond my experience or ability to explain. Faith is a choice to give myself to believe further than I know, see or understand. Based on a deep conviction in the goodness of God I default to the foundational certainty of God's consistency in truth and willing gracious connection with any and all who are prepared to turn to Him. That was the point of Jesus' coming, living, dying and rising again. God longs for us all to be recruited to represent Him and serve Him in the endeavour of establishing "His kingdom on earth as it is in heaven" (Matthew 6:10).

This brings me to a place where even, and especially, in the random and unexpected twists and turns of human experience I find a measure of help and hope. Does this mean there are no doubts or fears? Not at all! In fact it is a given that there must be moments when I really do not know what to think or say or do. This is especially true when I am allowed to stand alongside someone who is struggling.

Thinking about God as the eternal One, or almighty One or any of the many concepts we are invited to use, I regularly find the necessity to accept that God is beyond the limits of my knowing, seeing, explaining or experiencing. But if, as I have come to trust, the best picture of this great God is in Jesus and His relationship with me, I can feel safe and secure in One who "was tempted in every way as we are, yet without sin" (Hebrews 4:15). This Jesus becomes my example and inspiration in the way he related to God and others. As I look at Him I see the need to embrace a willingness to surrender to the Father which requires "learning obedience through the things He suffered" (Hebrews 5:8). I believe it is for each person to come to their own place of rest in this but find, for me, a sense of meaning and purpose in my choice to follow Jesus. Whether this is faith or folly - here is peace and purpose for me

*Rev Jonathan Hobson*



## Sheila Matshaya of Maranatha retires after 30 years of Service

Sheila started her career as Care Worker at Maranatha FC on 1 October 1988 and after 30 years and 9 months of unbroken service she retired on 30 June 2019. She has been a wonderful person filled with wisdom and she was highly respected by her colleagues. She is a quiet lady but always led by example. She is a devout Christian and this was evident in her approach to dealing with all our residents and her colleagues. We wish her well in the next phase of her life – we will miss her !!

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