

macademia care

## PEOPLE WHO CARE ABOUT PEOPLE

MacCare Newsletter  
Autumn 2022

macadamiacare.com

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For ALL care related queries, please  
contact your local Care Manager.

## INTRODUCTION

As the year commenced at pace, and amid chaos in our world, we can't help but question when things will normalise. December was again a strange time with Covid being the talk of many conversations. The war in Ukraine is leaving many of us stunned and even more unsure as to what the future holds. Despite the many challenges we are experiencing and this unsettling time in which we find ourselves, there is still much we can be grateful for. We are determined to focus on the areas where we can make a difference, and our focus as MacCare is to continually improve in all areas of operation, ensuring our residents receive the best care possible, and that our staff receive the training, recognition, and other support that they deserve.

The retirement landscape across the world is changing at a drastic pace. Generational shifts are changing the way retirees view and want Care services, and service providers are doing what they can to meet those needs, but at the same time remain sustainable. It is no easy task, yet as an organisation, we do our best to keep our ear to the ground and take note of these changing demands. This edition of our quarterly newsletter tries to shed some light on the various changes we are currently implementing, so as to ensure that we remain relevant and provide a service that is both of a high standard but also flexible. One such way we are doing this, is by taking part in a pilot project, called Project Scaffold. This is a national project primarily aimed at reducing the costs of Care but also understanding best practise in the industry and learning from each other. We are honoured to be a part of this and cannot wait to share and implement some of the findings.

Within MacCare there have also been some exciting changes which we will share in this newsletter. Of course, the biggest being our commencement of service in the Western Cape, at an exquisite village, The Somerset Lifestyle and Retirement Village, in Somerset West - overlooking the beautiful False Bay. We also have some exciting changes with our personnel and training

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which we believe will add greatly to our mission of being the Care provider of choice in South Africa. As always, we want to encourage residents to offer their time and talents at their local Care Centre, with our various activity programs. We are always open to new ideas and we look forward to seeing our activities thrive over the coming months.

Sincerely,  
The MacCare Board

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## To Autumn

Season of mists and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage-trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set budding more,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells





## MacCare Moves into the Western Cape

MacCare has had its fair share of ups and downs in the past 5 years. We have made big changes that have brought joy to many, and at the same time ruffled a few feathers. Our business model has adapted from a laden “head office” structure to a flattened village-focused model, where each Village is run as its own mini business. This model focused heavily on upskilling and empowering individuals at each centre, providing them with a prescribed framework within which they have the means and scope to run their Care, administrative and financial functions.

We have been witness to the effectiveness of this model and can thankfully attest to this being the key ingredient to taking MacCare to the next level. We are very proud of the entire team and happy to announce that this approach has paved the way for MacCare to commence business in the Western Cape. We are hugely thankful to The Somerset Lifestyle and Retirement Village for affording MacCare this opportunity. Our sister company, Macadamia Property Services (Pty) Ltd. took over the management of the village on 1 September 2022, and the cooperation between the two entities ensures MacCare is able to provide the service in a cost-effective manner, which will benefit residents greatly. To this end, we are pleased to announce a collective reduction in Care Centre fees at The Somerset as of 1 April 2022, compared to what residents were paying to the previous service provider.

The transition to MacCare was made even smoother by the highly effective Care Manager, Sr. Erika Janutsch, joining us from the previous Care provider. Sr. Erika joins us with a wealth of experience in elderly care, and her history with the village and residents ensures continuity of care. Sr. Erika has chosen a fantastic team to accompany MacCare on this journey. They are all showing great commitment, and no hesitation in going the extra mile for all residents. Our goal to grow home care is also bearing fruit with a number of residents being able to remain in their homes and get the service they require, when they need it rather than move to a Care Centre permanently.

We look forward to offering greater and greater value to all residents and growing the brand in the Western Cape.

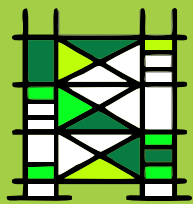
It is our privilege to welcome Sr. Audrey Browning as the new Care Manager at Nelspruit Care Centre, starting 1 April 2022.

Sr. Audrey joins us from assisting Mopani pharmacy for the past year and previously worked at BusaMed for 15 years. Sr Audrey has a wealth of experience and is going to have a great impact at Nelspruit Care Centre. Sr Audrey is taking over from Sr. Heide-Marie Archer, who will be moving into a full-time role as Care Director, overseeing care for the MacCare group. This move will ensure that all our Care Managers and shift leaders are receiving the support they require and will give Sr. Heide the time to implement a number of new and exciting training methodologies with our staff.

Our focus this year is to ensure that all our staff, from Care Workers to Care Managers, receive personalised training which not only up skills them, but also empowers them to take on more responsibility in their roles, which in turn provides a greater level of Care to all residents.

## NEW CARE MANAGER

at MacCare Nelspruit



## PROJECT SCAFFOLD

MacCare NPC is proud to have two Care Centres enrolled in the national programme called "Project Scaffold".

This private initiative has the following key goals:

- Significantly reduce the cost of care.
- Share best practices between different Care Centres.
- Strengthen person-centred care practices.
- De-institutionalise care.
- Raise the profile, remuneration and recognition of Caregivers.

Project Scaffold has been developed as a voluntary pilot programme that will gather and test results from participating frail care facilities to pave the way towards a new approach to care. The main objective is to develop a home-like environment that is person-centred and more affordable. This is based on the belief that hospital-like care needs to make way for person-focused care.

19 Organisations have joined the project so far, including 16 Care Centres that are actively part of the pilot programme, 6 that are associated and supporting the programme and three service organisations engaging with the project to improve their support.

The project is led by four people from three organisations on a voluntary basis, namely Consult Age (Syd Eckley), true2you (Magda Pienaar and Yolandé Brand) and Shire Retirement Properties (Rob Jones).

The project's pilot programme runs for the whole of 2022 and will culminate in the publication of a report to the Department of Social Development, together with recommendations based on a set of case studies regarding Best Practices found and implemented during the course of the project.



## Twenty-one Years of Incredible Service.

Thank you Sr. Kruger

Despite all the positive news we have shared in this newsletter, it is still with a heavy heart that we say good-bye to a real stalwart of Macadamia Care, Sr. Dalene Kruger. Sr. Kruger was part of the very first team that started at the original Care Centre at Macadamia White River in 2000.

This was the birth place of Macadamia Care, where the future was unknown and the services very different. Sr. Kruger has remained at White River Care Centre from then until her voluntary retirement at the end of January 2022. Through the many ups and downs Sr. Kruger has been a great support for not only the residents but for the staff too. Testament of this was the many tears shed at her good-bye tea and the songs of thanks and praise sung by the staff. Sr. Kruger set a very high standard with her staff and it did not take long for them to demand the same from each other.

MacCare is so fortunate to have had such a loyal, hardworking, and passionate leader in Sr. Kruger.

She will be sorely missed.



## 7 Reasons

### Why Retirement Villages are Good for you

The coronavirus (COVID-19) pandemic has made us all reassess our priorities and what is most dear to us. For many, this means a renewed focus on health and wellbeing, keeping loved ones close, and having the support of a community.

If these are important to you too, then you need to understand how living in a retirement village can positively impact your health, your connection with loved ones and your sense of community.

Here are just eight of the ways that living in a retirement village is good for your health and wellbeing.

#### 1. Reduce Isolation and Improve Mental Wellbeing

Even before COVID-19, the Australian Institute of Health and Welfare estimated that one in five older Australians suffers from social isolation. This can negatively impact one's mental health and, according to Lifeline, can increase your risk of depression.

Life in a retirement village is specifically designed to counter social isolation, and instead foster a sense of belonging and community. Residents have many opportunities to connect with each other through a range of social activities and

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Life in a retirement village is specifically designed to counter social isolation, and instead foster a sense of belonging and community. Residents have many opportunities to connect with each other through a range of social activities and events, which has a positive effect on health and wellbeing. Indeed, McCrindle Baynes research of over 5 000 retirement village residents shows that 46% report improved mental health after moving into a village.

### **2. Boost Longevity**

Living better and healthier is great, but what about living longer? A Swedish study has shown that being socially active can add up to five years to the life expectancy for women, and six years for men. Researchers studied 1,800 people over 18 years, and found that several factors impacted longevity, including having healthy lifestyle behaviours, a better social network, and participating in more leisure activities.

### **3. Reduce the Risk of Disability**

Research conducted by Rush University Medical Centre, has shown that people who are more socially active are less likely to become disabled. In other words, they're less likely to need help with daily activities or mobility.

The good news is that researchers looked at a broad range of social activities, so whatever your

interests, your social activities will have a positive impact. Researchers measured social activities like going to restaurants, playing bingo, volunteering, going on day or overnight trips, and visiting relatives and friends.

### **4. Fewer and Shorter Hospital Stays**

The Property Council of Australia reports that retirement villages provide services that enable residents to have shorter hospital stays – and fewer of them. In fact, retirement village residents leave hospital a full two days earlier than non-residents. That's because retirement village residents can be discharged into a safe environment that's equipped with hand railings, ramps, an emergency call system and on-site support staff.

What's more, the social connectedness that's inherent in a retirement village helps counteract problems of social isolation and depression when you're home after an operation. When you consider that falls and depression are two of the most common health conditions for older people, it's no wonder that a safe, secure site and supported community can help keep retirement village residents out of hospital.

### **5. Visit the GP less often**

In the Property Council of Australia report, it's estimated that over 65's visit their local GP about 6-7 times a year. In contrast, residents in retirement villages make 1-3 fewer visits each year. They attribute this to the fact that many retirement villages have staff on-site who can assist with minor health concerns.

### **6. Lower the Risk of Dementia**

Research shows that engaging in meaningful activities can reduce the risk of stress-related illnesses and dementia. Specifically, activities with purpose – like music, drawing, meditation, reading, and arts and crafts – are particularly helpful in boosting health and wellbeing.

### **7. Delay the Move into a Care Centre**

Would you like to hold off on moving into a Care Centre? If the answer is yes, then living in a retirement village could be a good start.

Research cited in the Property Council of Australia report found that residents of retirement villages enter a Care Centre later than those moving from the family home. This isn't a matter of weeks or months, but years – an average of five years to be exact. This also means you get to enjoy the village facilities and lifestyle benefits of retirement living for longer.

## GET TO KNOW YOUR NEIGHBOUR

**MARIE AUSTIN - Vurke in die pad.**

Wat 'n voorreg is dit vir my om op 83 terug te kan kyk na al die vurke wat op my pad gelê is, en dan te kan sê "Ek is presies waar ek moet wees....." Hoe dikwels het ek nie in my lewe gevra, "waarom ek" of by ander geleenthede gewonder "hoe toevallig was dit" nie?

Toe ek op vyfjarige ouderdom die Eisteddfod in die stadsaal van Oos Londen gaan kyk het, het ek nie besef dat my lewe daardie dag 'n wending sou neem wat vir altyd by my sou bly nie. Ek was gefasineerd met die trekklaavierspeler wat met vinnige bewegings oor die klawers die skare op hul voete gehad het.

"Ek wil dit doen..." is al wat nodig was om my ouers in "overdrive" te sit en my loopbaan in musiek te lanseer.

Met al die nodige toetse agter die rug is ek toegelaat in die Ellery Woodward School of Music. Ek het geleer note lees nog voor ek die ABC kon opsê. Met my op my pad na "sukses" kon my entoesiastiese ouers fokus op hulle volgende projek, en met 'n bietjie aanmoediging het my jonger suster die eerste vroulike lewensredder in Suid Afrika geword.

Een van die hoogtepunte in my musiekloopbaan was toe ek op 12 as solo musikant in die Senior orkes opgetree het en weer toe ek op 16 gevra is om die opleiding van die juniors in die musiekskool oor te neem, terwyl die hoof van die skool Rolo Scott vir 'n jaar in Londen moes gaan werk aan September Song musiekblyspel.

Naweke het bestaan uit rondry tussen opvoerings en kompetisies en vinniger as wat ek kon dink, het die dag

gekom wat ek 'n loopbaan moes kies. Ek het begin verpleeg by Frere Hospitaal in Oos Londen en by een van daardie toevallige oomblikke het ek die eerste keer my man Willem raakgesien. Ek en vriendinne het gaan koffie drink by 'n koffiewinkel op die strand. Hy was lank, donker en vreeslik aantreklik. Hy en sy vriende was met vakansie van Pretoria af, en na 'n kort gesprek het ons adresse en nommers uitgeruil. Ses maande later vra hy my om te trou en ek word 'n Transvaler.

Ons het vier kinders saam gehad en in 1975 koop Willem vir my die plaaslike naaldwerkwinkel "Die Werksmandjie" in die hoofstraat van Ermelo. Ons het sewentien wondelike jare in Ermelo gehad en het in 1987 na Pretoria verhuis. Willem is drie jaar later in Pretoria op die ouderdom van 54 aan 'n hartaanval oorlede en ek het weer by een van daardie vurke in my lewenspad gekom.

Ek verhuis in 1992 na Polokwane om nader aan my kinders te wees en 'n jaar later koop ek die Cardies winkel in Middestad Sentrum. Ek kry weer kans om my liefde vir musiek voort te sit toe ek vir Trevor Nasser (Die Kavalier) na 'n konsert ontmoet en hy my vra om saam met hom per geleentheid op te tree. Ek was bevoorreg om deel te wees van al nege my kleinkinders se vormingsjare en speel nog gereeld klavier saam met van my kleinkinders en agterkleinkinders wat ook 'n groot liefde vir musiek het.

In 2019 het 'n frats ongeluk gelei tot 'n gebreekte femur en weer is my lewe in 'n rigting gestuur. Ek verhuis na Macadamia Aftree-oord en ontmoet nuwe vriendinne sonder wie ek nie my lewe sou kon indink nie.

Ek is vandag dankbaar vir elke vurk en toeval wat my gebring het waar ek is.



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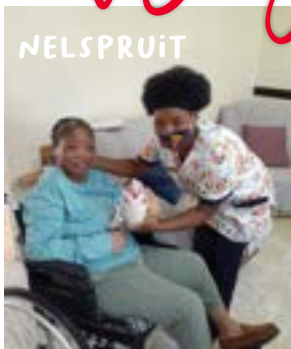
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SCAN ME

# A Day in the Life of our Residents



NELSPRUIT

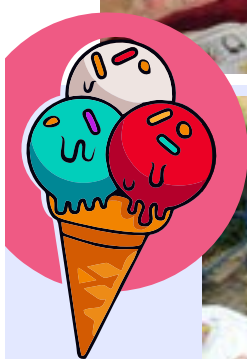


Nothing brings joy like an unexpected gift! The residents at Nelspruit Care Centre are spoilt by a donation made by the family of a past resident.

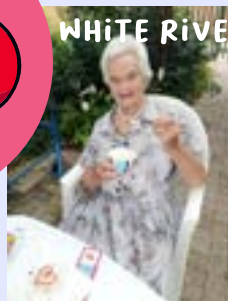
Arts and Crafts at Nelspruit has grown tremendously over the past 6 months. Both residents and staff let their creativeness shine during these most enjoyable classes. Whether it be painting on wood or fabric, or making use of a puzzle in very unique way.



If crafts aren't your thing, then why not enjoy some beautiful music in the stillness of the lounge.



WHITE RIVER



One can't go wrong with Ice-creams on a hot Summer's day in the lowveld. Thank you to the local Care Buddies group and Milky Lane for spoiling our residents.

Singing has a tremendous ability to lift the spirit. Residents at White River cannot wait for the weekly Church service to give their vocal cords some exercise, or when the residents can gather and sing some favourites from the past



POLOKANE



A huge thank you to PropServ for transporting our residents to a local coffee shop for some great laughs and awesome conversation. It was a real highlight for all.



BINGO 3



A few other activities that have a great turnout at Macadamia @ the Aloes include Bingo, exercise, and pet therapy. Teddy is a calm, loyal canine friend that is loved by all



TZANEEN



# Valentines Day

Finding a reason to socialise is never a hard task in Tzaneen. Residents were spoilt by the beautiful Valentines day tea that was organised at the Village community centre. The residents had a real blast. Thank you to Elize and Jenilee for organising such a fun time

## SOMERSET WEST



A very exciting and proud time for the new MacCare team at The Somerset Lifestyle and Retirement Village. We are looking forward to great things

Spa days are always a hit. Better yet when you can enjoy it with all your friends in the comfort of your home



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