

MacCare

NEWSLETTER



DECEMBER 2024

We hope you enjoy this summer edition of our newsletter. If you have any questions or feedback, please do not hesitate to contact us.

Growing Together Reflections on 2024

As we close the year, we reflect on 2024's growth and challenges. For MacCare, it was a year of milestones, including the expansion of our Care Centre at Macadamia @ The Aloes and increased demand for Frail and Home Care services.

While saying goodbye to valued team members, we welcomed new talent, strengthening our commitment to exceptional care. Wishing you a peaceful festive season and a bright start to 2025.



PEOPLE WHO CARE ABOUT PEOPLE

Newsletter Highlights Summer Edition

- 1** *Year of Growth*
Reflecting on milestones, challenges, and gratitude in 2024.
- 2** *Care Pod Expansion*
Enhancing elderly care with innovative, homely designs.
- 3** *Financial Empowerment*
Staff embrace practical skills for financial freedom.

“

Through change and challenge, we grow stronger, creating spaces where care and community thrive



A season of change, growth, and gratitude.

REFLECTING ON 2024

As we close the chapter on 2024, it's a natural time to reflect on the year gone by. This season also reminds us that the holidays carry different meanings and emotions for each of us. For some, it's a time of joy and laughter; for others, it may be their first Christmas without a loved one or with a smaller circle than usual. During this time, it's important to be sensitive to the varied experiences of those around us—both the moments of joy and the challenges others may be facing.

Whether your feelings about the season are filled with celebration or reflection, it's always a good time to take stock of the year. For many, 2024 has been a year of change. Perhaps it marked the beginning of retirement, a significant move, or a change in family dynamics. Whatever this year has held for you, there are always moments to be grateful for.



For MacCare, 2024 has been a year of growth and change. We've celebrated several milestones, including the opening of our Care Pod at Macadamia @ the Aloes in Polokwane. We've also seen increased demand for our Frail Care services, with several of our Care Centres operating at higher occupancy levels compared to last year.

We're pleased to report that the demand for home care services has also risen, offering families the comfort and stability they need.

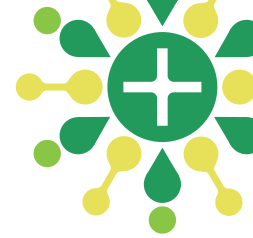
While we've experienced the sadness of losing key personnel, it has also created space for new talent to bring fresh perspectives and energy. As we onboard and train new team members, we're also taking this time to focus on the growth and development of our existing staff—something we'll continue to build on in 2025.

Wishing you a peaceful and blessed festive season, and a bright and hopeful start to 2025.



Sincerely, The MacCare Board





Macadamia @ The Aloes

EXPANSION OF THE CARE CENTRE

As we enter the final phase of development at Macadamia @ The Aloes in Polokwane, we are thrilled to announce the grand opening of the new Care Pod, an exciting expansion to our existing Care Centre. This addition includes six beautifully designed rooms, offering enhanced comfort and care for our residents.

We are deeply grateful to **Decacel (Pty) Ltd.**, the visionary developer behind this project. Their dedication and commitment to creating a state-of-the-art facility have resulted in a Care Centre that sets new standards in design and functionality. This extension to the Care Centre isn't just about adding space; it's about enhancing the quality of life for our elderly residents by creating a warm, homely environment that feels truly welcoming.

The concept behind the new Care Pod was clear from the outset: to create a home for our elderly residents, with an emphasis on comfort, familiarity, and a sense of community. Unlike traditional care facilities with long, impersonal corridors, the new rooms are organized around a central lounge area, promoting interaction and a family-oriented atmosphere. A fully equipped kitchen is also available for residents and their families to use, just as it would be in their own homes.

As caregivers, we are fortunate to support our residents in a space that feels like home. This philosophy shapes every interaction and underscores our commitment to providing personalized care. The Care Pod is not just a building—it's a space where residents can thrive, and where our team's role is to assist with dignity and respect. This development has been the result of an incredible amount of effort, dedication, and investment. We want to express our heartfelt gratitude to everyone involved in bringing this vision to life. Special thanks go to **Susan Horn**, whose tireless work in coordinating the furnishing of the new centre ensured that every detail was thoughtfully considered, and to **Sr Karien** and her dedicated team for their commitment in preparing to welcome six new residents this November.





We would also like to extend our gratitude to the **generous families** who contributed furniture to help make the space feel even more like home. Your support has made the world of difference.

The official opening on **31 October 2024** was a joyous occasion, with over 100 attendees coming together to celebrate this milestone. The outpouring of support from the Polokwane community has been truly heartwarming, and we are excited to see how this new addition enhances the already beautiful Macadamia @ The Aloes.

We are incredibly proud of what we have achieved and look forward to seeing this expansion become a vital part of our residents' lives.

“Hello from Heide”

COMBATING FRAILTY AND ENHANCING WELLBEING THROUGH ACTIVE AGEING

In our previous discussions, we explored the concept of frailty (MacCare Summer 2023 Newsletter) and the impact of adverse incidents (MacCare Winter 2024 Newsletter) on our wellbeing. *But the real question is: How can we prevent the steady decline in our health and wellbeing? The good news is that there are steps we can take to increase our resilience and ensure our longevity remains vibrant.*

As we highlighted in our article on frailty, there are three key areas we can influence to support our overall wellbeing:

- **Physical Health** – the benefits of Active Ageing
- **Optimal Nutrition** – ensuring hydration and proper nourishment
- **Mental and Psychological Health** – managing stress and cultivating a positive mindset

In this issue, we'll focus on physical health, particularly the importance of Active Ageing.

Active Ageing: Why It Matters

When we're young, physical activity is often part of our daily routine. We participate in school sports, extracurricular activities, and, as young adults, we may hit the gym, practice yoga, or go for a jog. However, as we age, balancing careers, families, and busy lives often leads to physical activity taking a backseat.

Once children leave home and retirement approaches, it can be challenging to get back into an active routine. But it's never too late to start – and as we enter this “golden era,” it's crucial to embrace Active Ageing by incorporating sustainable and enjoyable habits into our daily lives.



Why Active Ageing Is Essential

Ageing is a complex process influenced by genetics, lifestyle factors, and chronic conditions, all of which work together to shape how we age. But we can still influence how our bodies age by taking proactive steps.

- **Muscular Strength:** Sarcopenia, or the gradual loss of muscle mass, is a normal part of ageing. Between ages 50-70, strength decreases by about 30%, and after 70, the decline accelerates. Regular strength training can help combat this decline and maintain muscle function. Additionally, joint flexibility exercises can reduce pain and improve mobility.
- **Balance:** Age often leads to a loss of balance, which increases the risk of falls. But balance can be improved with targeted exercises that enhance mobility and stability, reducing the likelihood of falls.
- **Endurance:** Consistent physical activity improves endurance, allowing older adults to maintain a higher level of physical function than their sedentary peers. This can reduce frailty and contribute to a healthier, more active lifestyle.

Creating a Healthier, More Resilient Lifestyle

So, how do we ensure a lifestyle that supports our physical health and resilience? Start by consulting your General Practitioner to assess your current health and address any concerns. A thorough check-up and treatment plan will lay the foundation for a healthier life. Once your health is in check, it's time to embrace sustainable habits that encourage physical activity. Here are some simple, creative ways to integrate more movement into your daily routine:

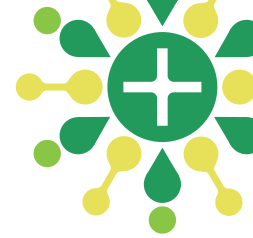
1. **Start Small:** Begin with something you enjoy, even if it's just 10-15 minutes a day. Gradually increase the duration or intensity as you build strength and stamina.
2. **Make It Part of Your Routine:** Set a regular time for your activity – maybe a morning walk, an afternoon yoga session, or a post-dinner stroll.
3. **Mix It Up:** Keep it fun by trying different activities. From dancing to hiking, or joining a local fitness class, variety keeps things exciting and prevents boredom.
4. **Buddy Up:** Invite a friend or family member to join you. Exercising together can make it more enjoyable and provide added motivation.
5. **Hydrate and Fuel Up:** Drink water before and after your workout, and eat a healthy snack to fuel your body.
6. **Safety First:** Always consider your safety. If you're walking or exercising outdoors, carry a walking stick, inform someone of your whereabouts, and take a mobile phone in case you need assistance.
7. **Explore New Classes:** Look for local activities such as yoga classes, line dancing, swimming, or tai chi. These offer variety, while also providing social interaction.
8. **Consult a Biokineticist:** A Biokineticist can assess your physical strengths and weaknesses and tailor an exercise plan suited to your needs, especially if you've had an injury or adverse health event. Working with a Biokineticist can help delay degenerative changes, maintain independence, and boost your confidence.

The Benefits of Being Active

Physical activity brings far more than just physical health benefits. It boosts circulation, promotes better sleep, and gives you the opportunity to spend time outdoors. Plus, it can introduce you to new friends and provide a sense of accomplishment. All these factors contribute to a greater sense of well-being. By embracing Active Ageing, you can enhance your quality of life and age with vitality.

Be Active. Be Well.

***Take care and much love,
Sr Heide-Marie Archer***



Welcome to SR ANÉ LE ROUX

Over the past two and a half years, Macadamia Tzaneen has experienced several key personnel changes. While these transitions have understandably been unsettling for both residents and staff, our top priority has always been to find the right person to lead and provide stability for our team and residents.

We are thrilled to announce that as of November 2024, Sr. Ané le Roux has taken on the Care Manager role. Sr. Ané recently relocated to Tzaneen from the Western Cape and brings a wealth of knowledge and energy to this new role.



At Macadamia Tzaneen, we believe that a Care Manager's success hinges on their ability to deeply understand both our staff and residents. To achieve this, Sr. Ané spent her first three months working in a shift leader role. This hands-on approach has given her valuable insights into our operations and the daily needs of our residents, setting her up for success in her new position.

While the role of Care Manager comes with its challenges, we have been impressed by how Sr. Ané has embraced these from day one. She has gone above and beyond to make a positive impact, as demonstrated by the wonderful family lunch she organized on Saturday, 16 November 2024. The event was a huge success, offering families the chance to spend quality time with their loved ones and enjoy a meal together.

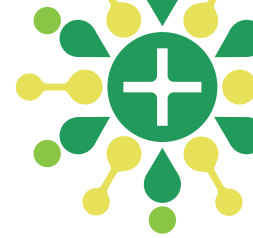
Looking ahead, we are excited about the future of Macadamia Tzaneen and confident that Sr. Ané, along with the entire team, will continue to drive positive change and provide the highest level of care.

Please join us in welcoming Sr. Ané to the MacCare family. We wish her all the best in her new role!



“

Sr. Ané brings knowledge, energy, and a hands-on approach to care.



A Sad Good-Bye to **SR KARIEN VAN RENSBURG**

Farewells are always difficult to stomach. In December 2024, we bid farewell to Sr. Karien van Resnburg, whose contributions to MacCare Polokwane have been invaluable. Sr. Karien joined us in December 2014 as a shift leader, and it didn't take long for her to step into the role of Care Manager, where she truly made her mark.

Over the years, Sr. Karien has played a pivotal role in growing the Macadamia @ the Aloes care services, including overseeing the expansion of our Care Centre this past November. Despite the challenges of this exciting growth, she handled the responsibility with exceptional skill and dedication. One of her most remarkable achievements was filling six new care centre rooms before the facility had even officially opened—a testament to the high standard of care she has always provided and the trust residents place in her.



Since Sr. Karien joined, Macadamia @ the Aloes has grown from just a few homes to an almost completed village. With this growth, the demand for care services has increased exponentially, and Sr. Karien has consistently met these challenges head-on. She has been instrumental in training new staff and ensuring that every resident continues to receive the best possible care.

While it is with great sadness that we say goodbye to Sr. Karien, we also know that this next chapter in her journey will bring her personal growth and fulfilment. Her departure leaves a significant gap at Macadamia @ the Aloes and at MacCare, but we are confident that the foundation she built will continue to thrive.

Sr. Karien, we want to thank you for your unwavering dedication to the residents, your team, and the entire MacCare family. You leave behind big shoes to fill, and we wish you all the best in the exciting new opportunities that await you.

With gratitude and best wishes,
The MacCare Board



MacCare Staff Participate in "Me and My Money" WORKSHOP FOR FINANCIAL EMPOWERMENT



Over the past four months, all MacCare staff took part in a workshop called "Me and My Money," hosted by a company called Taking Care of Business (TCB). This one-day workshop provides a safe and transformative space for participants to explore their relationship with money.

It offers valuable skills to help individuals become debt-free, start saving, and create a clear financial plan for future freedom.

In South Africa, many people face the challenge of over-indebtedness. Irresponsible lending practices and a culture of poor saving habits are having a detrimental impact on individuals, families, and businesses. Unfortunately, formal education often fails to teach essential money management skills such as budgeting, saving, and avoiding debt. To address this, practical, relevant financial management skills are needed.

The **"Me and My Money" workshop** focuses on developing these essential money skills. Participants learn how to:

- Take Personal Accountability for their financial situation by gaining the knowledge and tools they need to improve.
- Adopt a Positive Money Mindset, shifting away from self-sabotaging habits and fostering a healthier relationship with money.
- Implement Practical Money Habits, such as managing budgets, controlling debt, and saving effectively.

The feedback from MacCare staff has been overwhelmingly positive. Many participants have embraced the workshop's teachings and made significant strides in improving their personal finances. Several staff members have already reported meaningful changes in their financial behaviors and mindset.

Below is just some of the feedback received from staff that attended the course:

"I will properly budget each month"

"To cut back on unnecessary expenses"

"This course gives me strength and skills to know about my money and my debts"

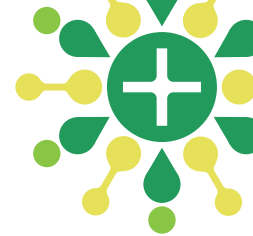
"To track my expenses daily"

"The course opened my eyes"

"No more installments"

"Say NO to family and friends and set boundaries"

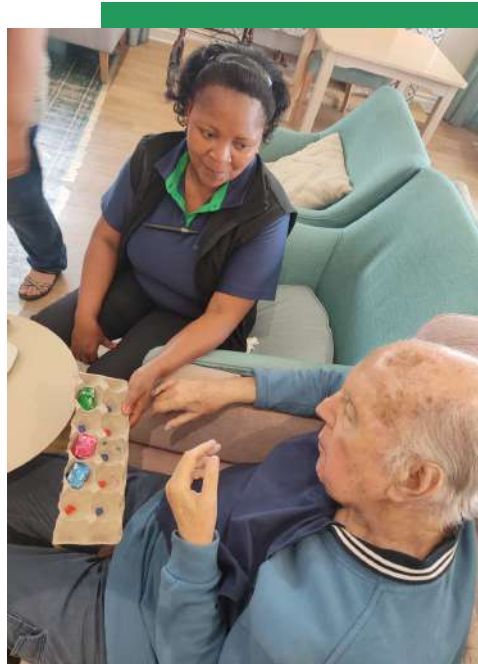
"Stop opening accounts to buy clothes, and rather save that money"



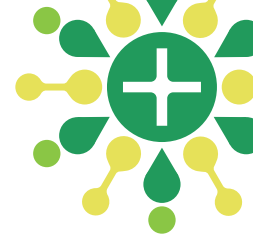
MacCare NSP Kind to Hearing Training in Nelspruit

Practical Skills for Hearing Aid Care

Nelspruit Furry Friends Visit



The Somerset Creative Fun with Coloring & Marshmallow Dipping



Tzaneen
Family Social - Bringing loved ones together for a special day.

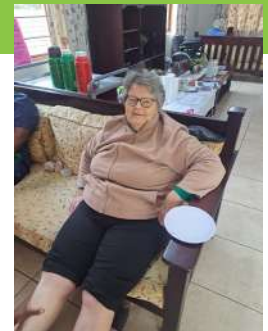


White River

We Fix Feet: Leg and foot massage day.



Polokwane
Opening of the extension of the Care Centre.



White River
Special tea with angels



**RETIREMENT & PROPERTY
MANAGEMENT SERVICES**



SALES & RENTALS

STUDIO APARTMENTS

1 BEDROOM APARTMENTS

2 BEDROOM APARTMENTS

2 BEDROOM FREEHOLD HOMES

3 BEDROOM FREEHOLD HOMES

info@macadamiaprops.co.za

www.macadamiaprops.co.za

Thank you!

For being part of our
50 years of delivering
good food good mood

feedem
group



www.feedem.co.za



Gauteng 011 439 2300 | WC 021 559 6393
KZN 031 202 8282 | GR 044 874 3886
EC 041 880 0016 | FS & NC 051 522 7815

**DEDICATED TO PEOPLE'S COMFORT
AND WELL-BEING!**

Marothi Cleaning and Laundry Projects (PTY) Ltd.
specialises in hygienic on-site cleaning and laundry services.
Unleash the sparkle with our cleaning and laundry services
crafted for Health care centres, retirement villages,
residential homes, commercial places.

- ✓ BASIC & DEEP CLEANING
- ✓ PRE/POST OCCUPATION CLEANING
- ✓ WINDOW CLEANING
- ✓ WASHING & DRYING
- ✓ IRONING & FOLDING
- ✓ PICK UP & DELIVERY

CONTACT JESSICA

078 830 3336

www.marothiprojects.com

jessica@marothiprojects.com





*Care That Makes You
Feel At Home*

**Individualised
Person-Centered Care**

Macadamia Care wants to help make people's lives easier, and to provide the help that is needed.

We provide services in line with the needs and preferences of our clients, and do so in a way that is not invasive or regimental.



OUR PERSONALISED SERVICES:

Home-based Care
Frail Care
Respite Care
Assisted Living

Come To Us Or We'll Come To You
Whatever Your Needs, We Have The Right Solution For You.

Share your concerns with us and let's discuss some options. We have a range of care solutions for you while staying in your own home, where our companion carers can assist you.

Alternatively, we have homely and safe environments within our Care Centres, and we'll look after you here.

For ALL care related queries please contact your local Care Manager

 080 622 2273

 info@macadamiacare.com

 www.macadamiacare.com



macadamia care
people who care about people