

MACADAMIA NEWS



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Macadamia Care

The Directors

2015 - A very eventful and promising year

The 2015 calendar year has been both a very challenging and encouraging year for both the staff and the directors of Macadamia Clinic. One very challenging aspect has been the need to adjust to the fact that Tony Tanner has retired after so many years at the helm of the organisation. Fortunately, Maureen Tanner chose to remain - and is a key part of the executive team. We are very grateful for the work that the Tanner team have put into this business for the last 15 or so years. We take this opportunity to wish Tony many years of fulfilled and relaxing retirement.

New faces have joined the executive team, and we have welcomed Samantha le Grange and Neill Pieterse to the organisation, to deal with Business Processes and Facilities respectively. The board of directors (and the new executive) is currently being assisted by Rob Jones - a consultant from Shire Retirement Properties, and Paul Altenroxel – an independent development consultant.

Our executive has been hard at work scrutinising almost every aspect of the business, as a means to ensure that the organisation remains sustainable and takes on a leading role in the industry in years to come. This has led us to review all services and pricing approaches, consider the benefits of service partnerships with a closely aligned Life Right organisation and undertake to become much more involved in the life of the villages we serve, by offering extended management services through partner organisations. Our new Care Service structure will launch in early 2016, and while there are no massive changes in terms of either what we offer or what you will pay for those services, we do intend to provide a more graded availability of care service levels, transparency in how we determine the appropriate levy for each client and a much more flexible approach to accessing additional services between care levels.

We continue to grapple with the challenges that face the industry as a result of the prevalence of all forms of dementia, and currently have an internal research team considering how best to approach our next two dementia units, due to be built at Macadamia Mataffin and Macadamia @ The Aloes.

Thank you very much to all those residents who participated in our Customer Satisfaction Survey this year - the results have been helpful in identifying areas that require attention and those strengths upon which we can continue to build. Staff have also been polled for their opinions, and that too has been insightful.

We look forward to 2016 with hearts full of hope and expectation – expectation of great things that will be achieved by our team of dedicated employees. Living in this information age with all the news of strife and sadness, we can easily overlook the many positive things that surround us each day. We encourage you (and remind ourselves) to find peace in the smile of a neighbour or a caregiver, to spread love through a cheerful word or a kind gesture and to show courage in the face of personal grief and external influences.

We are very proud to serve you.

The Macadamia Clinic Board of Directors

People who care about people

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How to plan for your retirement

Rob Jones – Shire Retirement Services

In South Africa, there is no shortage of consultants and advisors willing to help you plan your retirement from a financial perspective. This is of course a vital part of planning for retirement, and those who start early (as early as 20 years of age) are those who most likely will not struggle financially in their later years.

Shire Retirement Properties has over several years of research defined a number of positive and negative contributors toward a successful retirement, and these factors, when understood and addressed correctly can lead to the development of what Shire refer to as "Retirement Intelligence" – a well-rounded understanding of all aspects of retired living and how to address each one. Simply being aware of the following matters can already help you to prepare better for retirement:

Positive contributors:

- **Financial Planning** – Do both you and your spouse understand your budget? Can you survive on your monthly pension?
- **Health and Nutrition** – What foods are important for older people?
- **Relationship Management** – The importance of good relationships with community, family and neighbours.
- **Spiritual and Emotional wellbeing** – Ensuring that your spiritual and emotional self is not neglected.
- **Technology** – There are excellent technologies to assist older people to live a full and engaged lifestyle.
- **Physical exercise** – A little goes a long way! Approach exercise in a healthy and non-threatening manner.
- **Hobbies and Activities** – Keeping the grey matter exercised is also important! Watching TV is not the most challenging hobby or activity!



"Retirement is when you stop living at work and you start working to live"

Negative detractors:

- **Being disorganised** – Being organised calms the mind. Deal with downsizing and clutter.
- **Resisting change** – The belief that nothing has to change can lead to stress and health deterioration.
- **Stress management** – Getting rid of, or coping with stressful areas of your life is essential in older people.
- **Insular lifestyles** – Loneliness, boredom and a sense of worthlessness are 3 things that afflict many older people.
- **Bad attitudes** – We are sometimes our own worst enemies, and bad attitudes (even when justifiable) do not contribute to a happy retired life.
- **Poor communication** – Older people need to be fully informed regarding their rights and the things that affect them
- **Being uninformed** Being uninformed due to an insular lifestyle can lead to rising stress due to insecurity and uncertainty.

Study shows that improving fitness may counteract brain atrophy in older adults



Older adults that improved their fitness through a moderate intensity exercise program increased the thickness of their brain's cortex, the outer layer of the brain that typically atrophies with Alzheimer's disease, according to a new study.

These effects were found in both healthy older adults and those diagnosed with mild cognitive impairment (MCI), an early stage of Alzheimer's disease.

"Exercise may help to reverse neurodegeneration and the trend of brain shrinkage that we see in those with MCI and Alzheimer's," says Dr. J. Carson Smith, associate professor of kinesiology and senior author of the study, published in the Journal of the International Neuropsychological Society on Nov. 19, 2015.

"Many people think it is too late to intervene with exercise once a person shows symptoms of memory loss, but our data suggest that exercise may have a benefit in this early stage of cognitive decline."

The atrophy of the brain's cortical layer is a marker of Alzheimer's disease progression and correlates with symptoms including cognitive impairment.

This is the first study to show that exercise and improved fitness can impact cortical thickness in older adults diagnosed with mild cognitive impairment.

(Material provided by University of Maryland)

Macadamia @ The Aloes

Paul Altenroxel - Development Team



It has certainly been a rewarding year for both the developers as well as the residents of The Aloes Lifestyle Estate. At Macadamia @ The Aloes the developer's vision is slowly crystalizing and there is strong evidence of Macadamia Care realising itself as a sought-after benefit to all in Polokwane. The increased product offering to the market has seen the first Life Right option being developed and occupied at the Aloes, a first for the Macadamia Group. With close to 33 sectional title units occupied as well as 32 free hold sites having been occupied, built or about to start, the formation of a Village within the Aloes has finally been realised.

The Aloes Gatehouse and Access control has been completed and will be in operation from the 15th of December 2015. The recently appointed Estate Management Company (PropServ) will be visiting your homes over the next few months to assist you in registering for Biometric Access (finger print reader access) and for those of us that through hard work have worn our fingerprints down, an access card will still be available.

The new Macadamia sales office has been occupied, and it is great to have Ansie and her team available to our potential buyers at all times. A big thank you must go to Mariette, for arranging the Village Braai on the 16th of December. The Second phase of the Aloes (Panorama) is close to 80% sold out, with a number of residents already in residency and even more homes being built in the foreseeable future. Evidence of The Aloes being the sought-after address in Polokwane has been the rate of take-up in The Ridge, with close to 50% sold within six months of the services being installed. Both Macadamia and Panorama perimeter walls and fences have been completed, and are monitored via the new access control, with zoned alarms indicating exactly where the potential threats occurs.

What to expect in 2016:

- Construction of a Sales and Estate office starts in January 2016, located on the stand south of the recently completed Gate House, and PropServ as well as The Aloes Sales team will be located in these offices.
- A Care Centre Services area - the 3rd phase of the Care Centre, will start construction early in the new year and will accommodate the new dining and recreational area, as well as the much needed new Kitchen, Laundry and staff facilities. We thank you all for your patience while using the temporary facilities, and commend Karien and her team for the miracles they work in such constrained facilities.
- Public open space, near the dam as well as a portion of the dam area is to be landscaped early in the New Year.

The Development team wish you and your families a blessed Christmas and a healthy 2016.

Test your knowledge

(Answers to the questions are on the last page)

1. If you had pogonophobia what would you be afraid of?
2. Who would take silk as part of their job?
3. Who won an Oscar for the African Queen?
4. Who sang the theme song in 9 to 5?
5. What in business terms is the IMF?
6. Ringo Star narrates which children's TV series?
7. Which country grows the most fruit?
8. Which company is owned by Bill Gates?
9. What would you do with a Maris piper?
10. In Casablanca what is the name of the nightclub?
11. What was the first James Bond book?
12. What kind of animal is a lurcher?
13. What is the currency of Austria?
14. In fable who sold a cow for five beans?
15. How did Alfred Nobel make his money?

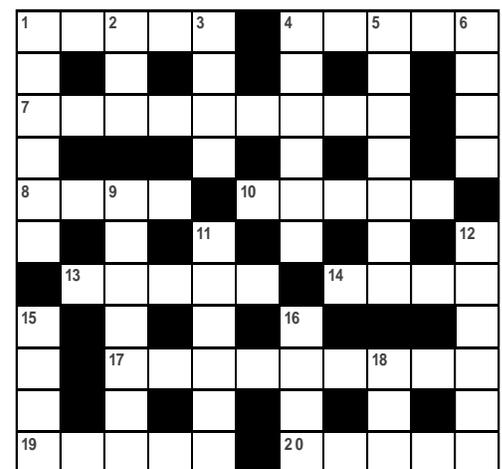
Something fun

Down

1. Relinquished (6)
2. Atmosphere (3)
3. Boundary of a surface (4)
4. Stringed instrument (6)
5. Confound (7)
6. Desiccated (4)
9. State of equilibrium (7)
11. Bird of prey (6)



The answers will be provided in our next edition - don't miss it!



Across

1. Aquatic mammal (5)
4. Striped equine (5)
7. Watered (9)
8. Flows back (4)
10. Tennis stroke (5)
13. Assumed name (5)
14. Disparaging remark (4)
17. Essential (9)
19. Rear part of a ship (5)
20. Smooth fabric (5)



NOTICES



Security

Security is about reducing the threats around us. The dictionary says that security is “the state of being free from danger or threat.” Be it criminal, as we most commonly apply to it, or in our environment, such as a loose piece of paving someone may trip over. Security is about the preventing people getting injured, or suffering a financial loss.

Security is everybody’s concern and it is up to all of us to be vigilant at all times. We cannot just leave security to someone else! Everyone needs to keep their eyes and ears open in order to create a safer environment.

Report anything that is a threat, or possible threat, to your Care Center Manager without delay. Your assistance will be appreciated. *FACILITIES MANAGER – Neill Pieterse*



Water Usage

Just like security, water is everyone’s business! What one person wastes affects another. South Africa is a country with very limited water resources. We survive from one rainy season to the next and pray that a year will not pass without rain! We would be in dire straits if it did!

Please use water as sparingly as possible and respect the local water restrictions. If water is wasted it may mean that someone else must go without. If you see a burst water pipe, a dripping tap or someone wasting water – let your Care Center Manager know immediately. *FACILITIES MANAGER – Neill Pieterse*



MACADAMIA CARE

Our Macadamia Care Centres remind all residents, family and friends who wish to join us for our Christmas Lunch, to please make sure you enquire and book at your relevant Care Centre well in advance.

During the approaching festive season, please remember that all of our emergency contact details can be found on our website www.macadamiacare.com

Word of the month

propinquity

noun [proh-ping-kwi-tee]

affinity of nature;
similarity.

Macadamia Care wishes you and your families a safe, joyous and blessed Festive Season.

Answers to general knowledge questions

- | | | |
|--------------------------------|---------------------------|--------------------------|
| 1. Beards | 6. Thomas the tank engine | 11. Casino Royal |
| 2. Barrister | 7. China | 12. Dog |
| 3. Bogart | 8. Microsoft | 13. Schilling |
| 4. Dolly Parton | 9. Eat it - it's a potato | 14. Jack & the beanstalk |
| 5. International Monetary Fund | 10. Rick's | 15. He invented dynamite |