



## Dear Residents and owners of Macadamia villages and Macadamia Care staff

Another year has almost passed – and it's been quite a year. Economically there has been a slowing of activity in South Africa, and all around the world we have seen quite a lot of turmoil in terms of weather and warfare, making our country seem almost like a very peaceful place by comparison! All of the beautiful Macadamia villages are looking good and are great places to be located if you are seeking a peaceful and stable retirement village. This is in large part due to the tireless work of the volunteers on various resident's committees and boards – thank you for your unwavering commitment to the welfare of the residents.

Macadamia Care has made progress with the implementation of some key systems, with the launch in November of a Customer Relationship Management System to assist the Care Centres with the important task of planning and monitoring Care Plans for all residents. We believe that this will improve communications and services within a very short space of time in numerous ways.

We are currently in the process of reviewing the feedback from Syd Eckley following his visits to the Macadamia Villages. We are proud to hear that the Macadamia strategy is right at the forefront of industry practice, and whilst we will always have room for improvement, we are on the right track and making fast progress in areas of development. Most of the concerns that Syd has raised with us as a result of discussions with residents have been addressed with senior staff at the recent Care Conference held in Nelspruit between 6th and 8th of December.

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2018 lies before us with significant promise – we believe that this will be a watershed year for the organisation as we finalise our conversion to non-profit status, focus more on staff welfare and intensify our efforts in terms of ongoing care planning for all residents of Macadamia villages.

We wish each and every one of you a blessed and joyous Christmas! May this season of hope and happiness bring renewed vigour and a positive spirit to all of you. Our beautiful country with its diverse people is a source of great pride to us and we are firm in our resolve to work with you to make it a wonderful place to live during your retirement.

The Macadamia Care Board





## call4care partners with global leader in telecare



The French company Legrand, has chosen Call4Care to be its South African telecare partner - this is the remote monitoring and emergency assistance for elderly people. Legrand is one of the world's largest electronics companies which owns Neat Electronics of Sweden - the Call4Care supplier. We are continuously improving on our product and services and are very proud to say that we are now backed by the global leader in this industry.

This is a giant leap forward for Call4Care and it brings many benefits to our clients like Macadamia Care. We already have the most sophisticated equipment installed in resident's homes and we recently added a high-level call management system. This now ensures that each Carephone that is currently activated is now monitored remotely at all times, ensuring that you are always connected.

What this means for our clients is that it allows us the access needed to make sure that we can constantly monitor that

your Carephone is working and connected to us 24/7. This makes being "only a touch of a button away" even closer!

We have already been able to assist many of our Macadamia Care residents and we know that it has made a great difference to those people who were in need. Soon, we hope to provide the same service to all Macadamia residents. When you're in need of help and are not certain someone will hear you, you can now be assured that with Call4Care you are never alone. There is someone on the line, to help you by simply pressing your mobile button from anywhere in your home.

On behalf of Call4Care, we would like to thank our customers for their support in 2017 and we look forward to being of service to you in the year ahead.

May you have a safe Festive Season.

*David Nanson, Nick Linnell and all the staff at Call4Care.*



**Staff and management of Laundry Africa would like to thank all the residents of Macadamia for their support during the year.**

*May you all have a blessed and happy festive season.*

## From the editor

As the year draws near its end, we would like to extend a special note of appreciation and thanks to our valued advertisers. Without your loyal support, Macadamia Care would not be able to provide the standard of newsletter we have become so accustomed to.

The newsletter has been well received, not only by our residents but also the advertising market, which is critical to the ongoing production of a newsletter of this standard. 2017 has seen the full cost recovery of production.

The content of our newsletter is extremely important to the success thereof, and we invite all residents to consider participating. Although we make use of technology to keep you informed, we believe that a printed newsletter is a cost effective medium for building relationships and maintaining regular contact with our customers. We aim to keep you up-to-date with developments in our organisation, in the industry and with our staff and residents in our Care Centres.

Should you wish to be an advertiser or sponsor, please contact me directly and I will forward advertising options and costs for you to consider.

Warm regards,  
Samantha le Grange



# Team Macadamia

In this edition of the newsletter we want to introduce you to our longest serving Care workers, who we wish to thank for their contribution to the organisation.

## Macadamia's Longest Serving Staff



Care Centre Tzaneen  
**Lucy Nakana**

**Lucy Nakana will be celebrating her 10 years' service with Macadamia Care during 2018!**

I was born in 1975 in the Modjadji area and I have been blessed with three children.

My nursing training began at Malakubu, in Tzaneen, and did my practical work at Selby Park Hospital in Soweto.

During 2008, I joined Macadamia Care Centre under the leadership of Matron Mariaan van Wyk. I now work with Care Manager, Sr Laureen Naude and our team.

I have learned a lot and enjoy working with the elderly and my Macadamia team.

"Thank you for loyal service to the residents of the Care Centre. On behalf of everybody we want to say thank you again for the difference you make in the life of the elderly people here. I have watched you handling them, always in a nice way and smiling. I have not seen you getting frustrated when they get difficult. May you still be here when I get old! Thank you. May God Bless and keep you". *Phil 4:4*

*Baba McLean*

## Mataffin Care Centre **Ms Conny Mpangane**

My name is Conny Mpangane and I was born at Masana Hospital in Bushbuckridge. My home is in Madras, near Hazyview. I am engaged and have two daughters, aged 5 and 18. In December, I will be celebrating my 10 years at Mataffin Macadamia. I have seen many changes and improvements over the years. I did my assistant nurse training at Lungile Nursing School in Johannesburg.

It is nice working with old people and to spend time with them. I feel at home when I work at Mataffin, where I can work with people who treat me with respect.

"I've known Conny for the past four years, and it is a pleasure to know such a dedicated person. She has a deep compassion for the elderly, and loves caring for them; concerned about the daily "wellbeing check", and makes sure that everything is fine. Thank you Conny."

*Mr Schnugg*



## Care Centre Polokwane

### **Audrey Sekgololo**

My name is Audrey Sekgololo and I am an Auxiliary Nurse. I started working at Macadamia Care Centre in November 2013, when it first opened.



Working at Macadamia is my first priority. Caring for older people is a blessing for me and nursing is not a career for me but a calling. It is my passion in life.



## Care Centre Nelspruit

### **Ms Priscilla Ngwenyama**

My name is Priscilla Ngwenyama and I was born in Barberton Hospital, Barberton. I now live in Kabokweni. I am blessed with three children – two girls and a boy. I started working at Macadamia White River in 2002 where I worked for fifteen years, before transferring to Nelspruit.

I trained as a Care Giver at Dee & Duu School in Nelspruit, and love my job and working with older people. I also love working in a team and with my colleagues.

"Priscilla is definitely an asset to Macadamia, and a beautiful source of support to all the people she takes care of. She is so friendly, helpful and patient. Well done, Priscilla, on your many years of service. We salute you!"

*Thea Boshoff*

## Care Centre White River

### **Daleen Kruger**

Daleen is so much a part of Macadamia Care! She started with us in September 2000 at Macadamia Clinic in White River and is now one of our most experienced Enrolled Nurses.

Daleen was born and raised in the Lowveld. Her experience spans over 20 years in elderly care in the Lowveld. She enjoys making the elderly's last years better for them, in a kind, caring and loving manner.

"I like Daleen very much. She is attentive to what you say and acts upon it. She is a good listener. I admire her a lot and she's a real darling!"

*Mrs Maude Montgomery*

"Daleen is a very fine, dedicated nurse". *Mrs Hilary Erasmus*



# Limpopo & Ilanga Caterers 2017



We have thoroughly enjoyed our regular theme days in the units. These days have allowed for our team bring out their creative side and also their individual culture and heritage.

We can't list them all, but some of our highlights over the past year have included the creation of a Spaza Shop inside the dining hall at Macadamia White River where the residents and staff dressed for the occasion. We also had other theme days like a Drive-In, Braai Day, Spring Day, and a very special Love Cup lunch. Each resident brought with them their oldest, most favourite tea cup and had to tell a story about why this was so special to them. It became very sentimental and was lovely to see our residents and staff taking more time to connect with each other.

Macadamia Tzaneen celebrated Flower Day where even the desserts joined in with the flower power for the day. Residents and staff had an awesome time!

2017 has been a successful year and much fun has been had this year with all the Macadamia residents and staff. We have conducted customer surveys to understand where we can improve the experience for each resident and incorporate some family recipes to menus. Thank you to all who supported and participated in our survey. This has proven to be a great way for our staff to grow and develop their skills.



Macadamia Polokwane had Crazy Hat day where all residents had the opportunity to make their own crazy hat for lunch time. We all laughed so much and were also amazed at our talented residents whose creativity we'd never seen before.

Macadamia Nelspruit didn't disappoint either! We created a Mad Hatter Tea Party in the theme of Alice in Wonderland. All had a fun-filled fantasy day.

Oktoberfest at Macadamia Mataffin! A festive atmosphere with non-alcoholic home-made beer, was produced and such an enjoyable time was had with everyone's friends around them.

We are looking forward to another great year with all of you and we want to wish all the residents and staff a blessed festive season.



## Stay healthy this holiday season

As the Holiday season approaches, many of us are looking forward to spending time with our loved ones, enjoying homecooked meals, and unwinding with fun, holiday-oriented activities. Although the holidays are a time of happiness, they can also be a time of stress, especially for seniors. Since staying healthy is a challenge for most, it is important that seniors and their caregivers take the time to manage the Holiday festivities ahead properly.

**Make Healthy Food Choices** - With rich meals and desserts, many of us will be tempted to overindulge. It is also crucial that seniors continue to follow their dietary restricts as advised by their medical professionals. Keeping healthy options like fresh fruit and vegetables on hand is advisable.

**Stay Hydrated** - Drinking water is vital, especially for those seniors who will travel out of town during this season. Carry a water bottle when running errands, or even while staying indoors alone.

**Rest After Traveling** - For those seniors who are traveling long distances to visit family and friends, getting proper rest is essential.

**Shake Up Those Traditions** - Hosting a large holiday meal can be stressful and one should consider passing the tradition down to the younger generation and rather volunteer to help out in other ways.

**Decrease Gifts** - Holiday season can be financially challenging for seniors and purchasing gifts for family and friends may be difficult. To reduce stress from paying for gifts, consider having a "family grab bag" where everyone contributes one gift.

(Resource: <https://www.rmanswers.com/blog/looking-to-stay-healthy-this-holiday-season-check-out-these-tips-for-seniors/>)





macadamia life

*Don't let anything hold you back from enjoying retirement.*

With the help of our experienced Macadamia team, you can continue to focus on those things that bring you joy, while we provide you with the daily care and support you need.



Furnished Show Unit

Our **Life Right** options and **flexible pricing** structure now make retiring easier than ever.

- State-of-the-art Care Centre • Assisted Living Apartments
- Professional and caring staff • Landscaped gardens
- Transition guidance and assistance
- Terms and conditions apply

080 622 5433 [www.macadamialife.com](http://www.macadamialife.com) [info@macadamialife.com](mailto:info@macadamialife.com)



macadamia foundation trust

On behalf of Macadamia Care team, we want to thank Louisa van der Merwe and family for the generous donation made after the passing of their beloved Ouma Suzi Swanepoel at Macadamia White River.

In the light of Louisa's generous donation, we thought we would use the opportunity to inform residents, their friends, and families, that the Macadamia Foundation Trust (a Non-Profit Trust) has recently launched three funds to allow us to give back to our community, in a responsible and transparent manner.

• **Macadamia Care-giver's Education Fund.**

This provides funding for the education of Care workers and their children under a scholarship scheme.

• **Macadamia Memory Care Fund.**

This fund undertakes research into improved architectural guidelines for Care Centres for those residents who suffer from dementia.

• **Macadamia Residents' Assistance Fund.**

This fund provides relief to those long-term residents who require financial assistance.

Should you considering being a patron of any of these funds, please talk to your local Care Manager.

We greatly appreciate all of the support we receive and will ensure that the funds are applied as you request.

**Getting to know our Care Managers**

**Karien van Rensburg**



My name is Karien van Rensburg. I was born in Nylstroom, Limpopo province and matriculated 1988 at Nylstroom High School.

After graduating from S.G. Lourens Nursing College in Pretoria, I completed my 4-year diploma in Nursing (General, Psychiatry, Community, and Midwifery).

I married Hein and we have two children, Ivan (19) and Tiaan (15). I believe that God blessed me in life with a wonderful family, a successful career, and a loving marriage. I remain thankful for all these blessings.

Residents, often ask me one particular question; Why did I choose nursing as my profession? My answer to them is very simple – My desire is to care for others. So, being a nurse by profession comes naturally to me.

My interest and hobbies in life include photography and spending time in nature. Both of these boost my happiness. Being outdoors is so good for my soul and working with the elderly brings me such fulfilment.

I quote John Lennon:

*“When I was 5 years old, my mother always told me, that HAPPINESS was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down “happy”. They told me I didn't understand the assignment, and I told them they didn't understand life”.*



# Christmas Wishes

## Special Thanks to our Care Centre Staff

### Mataffin



Back: Nikiwe Zitha, Thabsile Mokoena, Sandy Mathonsi  
Front: Hilda Mashile, Stembile Mokoena, Marcia Masuku, Sharon Ngomane



Lindy Forbes



Nomsa Thabethe,  
Conny Mpangane, Thuli Sibuyi



Busi Khoza; Maria Khoza  
and Sphiwe Mathenjwa



Back: Leavit Phiri, Landi Bezuidenhout  
Front: Nonhlanhla Moriri, Sthembile Mbuyabe,  
Sibongile Msibi, Susan Potgieter

Back: Sthembile Mbuyane,  
Susan Potgieter, Sibongile Msibi  
Front: Nonhlanhla Moriri, Gugu Ndlovu,  
Lynne Liebenberg



### Nelspruit



Back: Elizabeth Nkosi, Joanah Likuana, Mary Mazibuko,  
Surprise Masuku, Gloria Nkosi, Joanine Drake, Nicky Godi,  
Petro Hunt, Antonio Mathabela  
Front: Nonhlanla Mhuale



Lindiwe Mnisi



Back: Tresi Nyalunga, Merriam Mabaso, Elsie Malumane,  
Eunice Mlimo, Lindiwe Mavimbela, Ann Mary Ndlovu  
Front: Girly Sifunda

The highlight at Mataffin Care Centre was the official opening of the Care Centre on the 13th of July 2017. The oldest resident, Mr Geoff Burgess, cut the ribbon and Ilanga Reef Caterers put out a scrumptious spread for all to enjoy. Music was provided by local musicians and residents demonstrated their dancing skills.

To all the residents and their families - may the forthcoming festive season be one of peace, joy and love. May you be blessed with happy memories and receive comfort from friends and family.

To all the staff at the Nelspruit and Mataffin Care Centres – in the short time I have worked with you, I have seen how you served others with compassion and gentleness. May we continue to walk this road together and do unto others, as we would like to be done to us.

A Peaceful and Blessed Festive Season to you and your families.

Sr Landi Bezuidenhout



Joyce Mbewe, Agrineth Nkosi, Wilma Sibanyoni,  
Thembi Sibiya, Pretty Thandane, Priscilla Ngwenyama



Victoria Ubisi, Hilda Mathebula,  
Happy Sithole, Martha Ngobeni



Sizi Mkhabela  
and Cynthia Mathabela



Suzie Jansen



## Polokwane



Back: Phistus Letsoalo (Gardener)  
Middle: E/N Christa Venter, Precious Ramachlo (Aux), Caroline Maboja (Care Worker), Koketso Mothapo (Care Worker)  
Front: Enny Thema



Maureen Mphahlele, Audrey Sekgololo and Ntabiseng Machete



Back: From left at the back: Ennie Maake, Noko Baloyi, Susan Horn, Charity Leshilo, Jostinah Sileti, Sr Annelene van Staden  
Front: Peggy Tebele, Sr Karien van Rensburg



Linda Mahasha and Mapula Mothepe

Macadamia could not have achieved such success without the help of our employees and clients who put their trust in us and supported us.

We look back at 2017 with many things to celebrate, such as a very successful opening of our new dining hall. What a great privilege having such a beautiful area where everybody can feel at home. This dining hall opened so many doors for residents to enjoy church services, biokinetic classes, and birthday parties.

With REEF Caterers working so hard, and so well with us, we have achieved new things in the dining hall and in our services we offer our residents. We have set up a beautiful vegetable garden which everyone can use.

The installation of the CCTV cameras is an important step forward for us in improving our service in the Care Centre and assisting with your safety.

To our clients and friends, investors and staff who have made our progress possible, we extend our deepest thanks, warmest wishes for the Holiday Season, and a prosperous and peaceful New Year!

Sr Karien van Rensburg and our team.

## White River



Iris Nkosi, Jabu Mthetwa, Hezly Maselela and Felicia Ndinisa



Catherine Sedibe, Princess Hlatswayo, Sharon Shabango and Eunice Sithole



Sr Belinda Esterhuizen, Daleen Kruger, Nokuthula Mokoena, Nonhlanhla Dube, Busi Maseko, Anna Ndlovu, Rolleen Jacobs and Ben Mashego

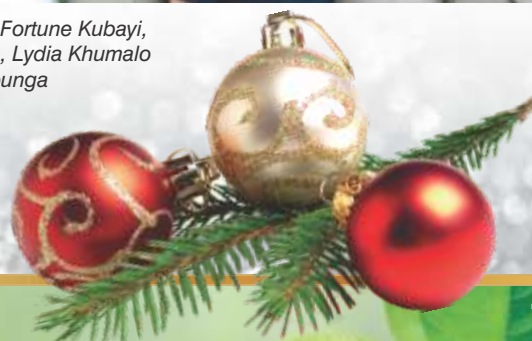
I wish to extend a heartfelt word of thanks to the personnel of Macadamia Care Centre in White River for their loyalty and dedicated hard work during the past year. I also wish the residents and the personnel and their families a blessed and joyful Festive Season.

A day which has stood out for me in the past year was what we termed "Love Cup". Residents were encouraged to dig out a "special" cup and saucer, which were put on display and the respective owners came forward with the most interesting stories around these beautiful cups. Thanks to team effort on the part of the staff, a most memorable morning was enjoyed by all.

God Bless you all, Sister Belinda Esterhuizen



Audrey Gwebu, Fortune Kubayi, Sr Ewalda White, Lydia Khumalo and Sylvia Nhubunga



## Tzaneen

It seems that every year is passing by with a greater speed than the year before.

The hard part, is that at my age, together with all the challenges that accompany time simply flying past us, is that life is full of surprises, and often, aches and pains become the norm of the day. Fortunately, we can try to prevent some of these surprises by following a healthy lifestyle with regular exercises, balanced meals, and enough rest. Seems I may just be preaching to myself too!

Remember your annual medical check-ups with your Doctor. Your monthly clinic visit at the Care Centre is on your doorstep, so I look forward to seeing you all regularly.

We challenge every person to make 2018 a year of giving of yourself by visiting a fellow resident at the Care Centre. We have some lonely residents who we know would value and appreciate a visit from you. Why not get involved in participating in an activity to bring some joy to the residents? A monthly theme day will be announced soon. Keep a look out for all the details regarding our regular activities on our new Activities Board in the reception of our Care Centre.

All of us at Macadamia Care would like to make use of the opportunity to thank Pieter Stolk for his loyal, helpful, and fun personality during the previous seven years which he spent with us. Pieter is leaving Limpopo Caterers to spread his wings to the private sector. All the best for the future Pieter.

Wishing you and your families a wonderful Festive Season and a prosperous New Year. If you're travelling, please drive safely and take care of yourselves and your loved ones.

With love, Sr Laureen Naude



*Celeste Visser,  
Sr Laureen Naude  
and Rika Swanepoel*



*Back: Theresa Mokgobola, Shoki Letsoalo,  
Jeanette Malatji  
Middle: Abigaile Rihlapfu, Sheron Mokgatla,  
Veronica Mametse  
Front: Connie Malesa*



*Back: Suzan Letsoalo, Winny Mohononi,  
Lucy Nakana, Nellanli Letsoalo, Shoki Popela  
Front: Mercy Nhlanwini*



*Regina Letsoalo,  
Rachel Mokhabuki,  
Sheron Mogale,  
Ivy Matjukotja*

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For all Care related queries,  
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