



MBOMBELA – Retiring has many positive aspects, but requires planning and engagement, according to a workshop presented at Mataffin Macadamia last week by Mr Rob Jones, managing director of Shire Retirement Properties (Pty) Ltd.

The usually quiet village was a frenetic buzz of activity with the opening of the new wing of the Care Centre. Later in the evening seasoned retirement consultant Mr Rob Jones, who has recently joined the board of the Macadamia Life Company, delivered a presentation to residents and guests on various aspects of retirement living. The presentations were based on workshops that had been presented in February at the Cape Retirement and Lifestyle Expo and Trade Conference in Cape Town.

Following a brief overview of the new flexible approach to care services and home-based care on offer by Macadamia Care, the presentation

entitled “Retirement Intelligence” covered research done by Shire regarding factors that affect retirement both negatively and positively, and specifically how to address those factors when it comes to daily living in a retirement village. Jones said retirees who want to build or buy their own house in a retirement village should consider certain things such as the age profile of the village, gender profile, health profile and social responsibilities.

Retired people often feel neglected and alone but Rob made suggestions such as: “For a sense of purpose one could start writing a book, even if you don’t know whether you are ever going to finish it. If you want to complete that master’s degree or do voluntary work. This can improve your thinking and fight depression.”

The presentation was well received by all present and there was much discussion and laughter regarding those aspects of retired life that require

partners to start sharing responsibilities for household chores and discussing what “retirement” really means. Rob encouraged an active and engaged retirement lifestyle, with full involvement in the community, and clear goals for fun and healthy activities. Special emphasis was placed on the importance for every retired person to have a purposeful life and a reason to “get up and go” each day. An integrated village such as at Mataffin Macadamia assisted living and lifestyle estate offers a conducive environment to do this.

Rob finished off the evening with a brief presentation on the concept of Life Rights, explaining the benefits that Macadamia Life are bringing to this well-established concept, and encouraging those present to consider the very real benefits that Life Rights bring, when established and managed by reputable operators. There are plans to include a Life Right option in the assisted living section of the Mataffin Macadamia village.

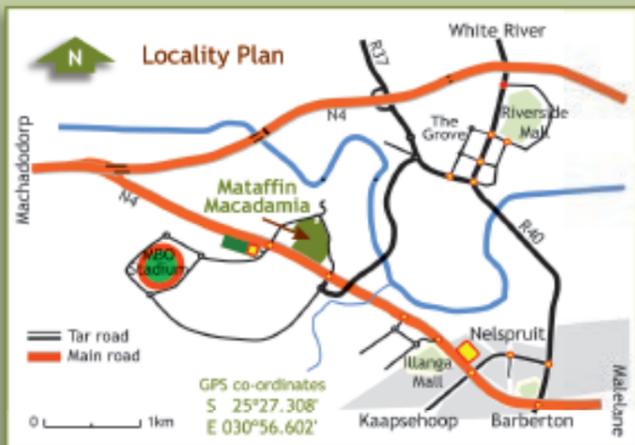


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