



Dear Macadamia Customers and Staff

Spring is such a colourful time in this beautiful country of ours. The blooming flowers have an incredible ability of lifting one's spirit and inspiring a new sense of hope. With this, we are seeing some positive changes in our economy and we continue to trust that President Cyril Ramaphosa is leading the charge while bringing about a greater sense of hope and unity in this country.

Over the past year, we have seen a number of changes in our staffing compliment across all 5 centres. A great deal of time, energy and training has gone into our staff and the effects are hugely encouraging. We are seeing great leadership from our Care Managers and a greater sense of order and control in our Administration. We want to take this opportunity to thank our Care Managers and Care Centre Administrators for their continued effort and ongoing sacrifice in making our Care Centres the welcoming and loving places that they are.

As we push through this final quarter of 2019, let's be mindful of our blessings and take the time to express our gratitude to all. Whether that be the person collecting our trash, the cashier at our local grocery store, the neighbour we don't often see eye-to-eye with or that family member we only see at Christmas. Let's put in the effort with visiting our loved ones or sacrificing some time to volunteer in our local communities. The joy of giving far outweighs the joy of receiving. So let's end 2019 with a spring in our step and a song in our heart.

Best regards,
The Macadamia Care Board

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**For all Care related queries,
please contact your Care Centre Manager.**

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Farewell Sister Belinda

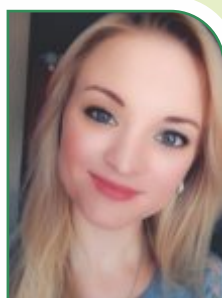
It is with a sad heart that we say goodbye to Sr. Belinda Esterhuysen, Care Manager at White River Care Centre since early 2001. She has committed the past 18 years to the Macadamia family and her impact will not be forgotten. An intimate farewell braai was held on Friday, 23 August, where residents spoiled Sr. Belinda with a beautiful cake



and gifts. On Thursday, 29 August, a farewell tea was held for Sr. Belinda, where staff, residents and friends of Macadamia were able to express their love and gratitude. The MacCare staff also treated everyone to some beautiful singing and words of affirmation for Sr. Belinda. We want to thank Rolleen Jacobs, Care Centre Administrator, Ria Bonnet, friend of Macadamia, and Wilma Gelderbloem, the Kitchen Manager, for all their effort in arranging the tea. All at MacCare are hugely grateful to Sr. Belinda for her contribution and her vast experience that helped guide Macadamia over the past two decades. Her advice and wisdom will be sorely missed. We want to wish Sr. Belinda a restful and joyful retirement!



Kathy de Beer



Wilmandie Gelderbloem

Welcome to All New Residents and Staff!

We want to take this opportunity to welcome all the new residents that have moved into a Macadamia village or Macadamia Care Centre in the past 6 months. We trust you will enjoy being a part of the Macadamia community. For those living in the freehold sections of the village, please get to know the Care Centre staff and discuss any medical related queries with them. They are there to support you and assist where they can. Please also be vigilant in making use of your monthly check-up (clinic visit), which is one of the benefits of your Care Availability Levy. Please chat to your Care Manager if you are uncertain or have any questions.

A full breakdown of the benefits of the Care Availability Levy was outlined in our Winter Newsletter, copies of this are still available if you'd like to review the details. Please request a copy from your local Care Centre Administrator.

Secondly, with the retirement of Sr. Belinda, a new care Manager at MacCare White River has been appointed. It gives us great pleasure to welcome Sr. Kathy de Beer to the team! Sr. Kathy has a long history with White River, and even spent some of her childhood years living in the old Farmhouse, which is now the White River Care Centre. Sr. Kathy has spent the last 7 years with Van Heerden Pharmacy and is a familiar face to many residents in White River.

Finally, we also have the opportunity of welcoming Wilmandie Gelderbloem to MacCare Nelspruit, West Acres. Wilmandie is the new Care Centre Administrator and we trust you will all welcome her and make her feel at home.



Macadamia Foundation Trust **Bursary Winner**



In the autumn 2019 edition of Macadamia News, The Macadamia Foundation Trust announced a bursary scheme, which was widely advertised in MacCare Care Centres and introduced to staff. Following a review of applications, which were fewer than expected, a bursary was awarded to a Grade 12 learner Simphiwe Maseko, whose mother is a care worker at Macadamia Care White River, for his school fees for 2019.

The bursary scheme will be re-opened in early 2020 for new applicants. Information sessions will be held at all Macadamia Care Centres to ensure that the staff understand the rules of the scheme and we will provide administrative assistance to those who wish to apply.



Simphiwe Maseko
receiving his certificate

How Do **Non-Profit** Care Centres **Survive?**

Whilst it is a known fact that all Care Centres face an ongoing struggle to continue operations in South Africa, the question often arises: “How is it possible for a Non-Profit Care Centre to survive?”.

The truth is that it is very difficult.

The most important aspects of the *viability* of any Care Centre lies in two main factors:

1. The makeup of the village and the contributions towards the overhead costs of the Care Centre, as well as the quantum of contribution by each resident, as part of their levies:
 1. Assisted Living units
 2. Care Availability fees from independent living units
 3. The number of rooms/beds in the Care Centre/s
2. The commitment of the developer to ensure that the Care Centre remains viable throughout the development period (occupation period). This usually means meeting any shortfall in levy contribution or the contribution of a so-called “undeveloped unit levy” from the outset, thus allowing all key infrastructure to operate as if the village was fully occupied from the date of the first occupant.

Factors that impact on the *sustainability* of a Care Centre are:

- Changes in law and regulations that stipulate onerous conditions which have financial implications even on Care Centres that do not receive government subsidies (such as Macadamia Care).
- The invariable costs of good staff who are not continuously changed when occupation varies (as is the case in some Care Centres, using labour agencies).

- The resistance from residents to move into the Care Centre – a choice that we support, but which can lead to empty beds at times.
- Inflation can outpace increases in income, despite the increases made due to inflationary indices published by Statistics SA.
- Overhead costs for service providers (e.g. Catering, Laundry and Cleaning) are invariable and if there is insufficient uptake of services in any month, the Care Centre suffers.

MacCare Care Centres budget based on 80% occupancy and target a margin of no more than 8%, which we seldom achieve in any care centres.

During difficult economic times (as at present), families often have no choice but to keep parents at home rather than commit them to Care Centres, in order to save money (despite this not always being in the best interests of the elderly person).

As a Non-Profit Company, MacCare NPC welcome donations and assistance of any kind that comes without expectations. We are required to apply all our surplus funds to the objectives of the organisation, and are happy to divulge our activities and approach to finances to those who make grants to the organisation, as part of our annual reporting.



A Day in the Life of MacCare Residents

Spring Day Lunch

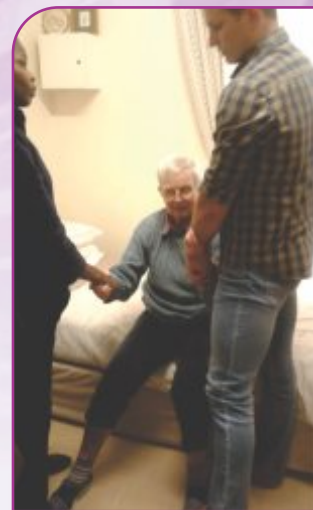
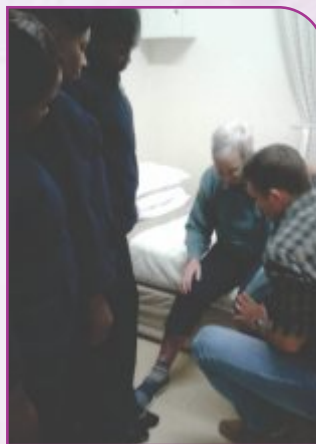
White River



"The residents at Macadamia White River thoroughly enjoyed welcoming in Spring with a Spring Day lunch fit with all the trimmings. What better way to celebrate this wonderful time of year than with delicious food & colourful decor."



Physio techniques



"The Macadamia White River staff were thrilled to have local physio, JT Halbich, training them on safe transferring techniques. Thank you JT for your support to our staff, we appreciate it very much!"

Macadamia @ The Aloes Lifestyle Estate gives you the opportunity to retire in style. Located within The Aloes Lifestyle Estate, this sought-after assisted living estate offers retirees an upmarket, secure, lock-up-and-go lifestyle in a spacious environment.

Beautifully landscaped lawns stretch out across the vast expanse of this property, offering residents freedom to move around without the feeling of being confined. You can be sure that your loved ones will feel at home in this village, as they spend their golden years in luxury and comfort.

CARE CENTRE FACILITIES

- ⊗ 24hr Emergency Assistance
- ⊗ Health Monitoring & Care Planning
- ⊗ Attentive Care
- ⊗ Respite Care
- ⊗ Memory Care Facility in Planning
- ⊗ Home-based Care

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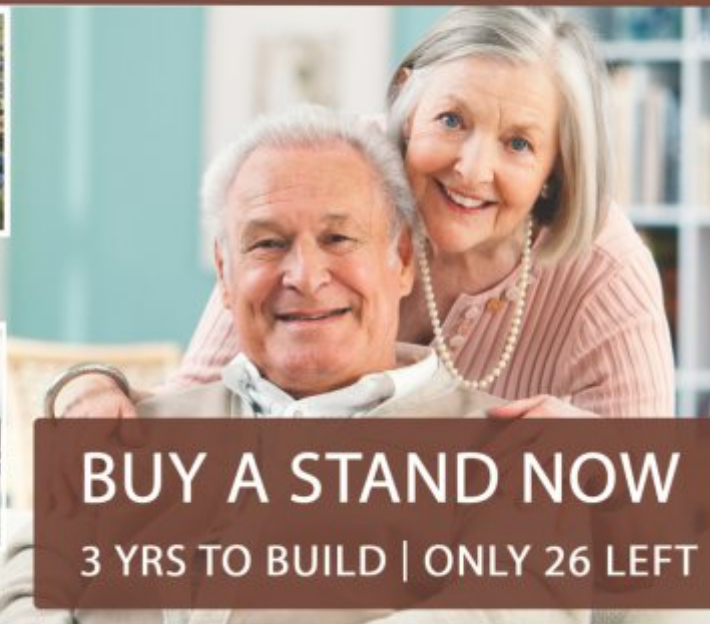
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Nelspruit



"As always, Macadamia Nelspruit has been busy with all sorts of crafts and get togethers over the last few weeks. We've had the weekly beading workshop bringing smiles to their faces and some beautiful blankets have been knitted by the residents. They were also treated to a lovely tea by the Care Buddies whose continued support and love is so appreciated by all."

Tzaneen

"The residents at Macadamia Tzaneen enjoyed a few very special birthday celebrations! All the staff from Limpopo Caterers did an incredible job on making sure the celebrations were filled with scrumptious food and lovely decor."



Thank you to Iris Freestone for organising and leading the Bingo - the residents love and look forward to it every time!"



A Day in the Life of MacCare Residents

Polokwane



"The residents have loved having regular visits from local Occupational Therapists. The workshops have truly transformed the activities program and residents and staff are learning new skills and enjoying every interaction!"



"The staff at all MacCare staff are trained in the correct lifting, moving and transferring of the residents. Here's a sneak peek into what goes on behind the scenes; these skills are so valuable and have even proven effective for use by the staff in their communities."



As part of their elderly outreach program, The United Reformed Church in Southern African blessed the residents with a short service held on the patio. The residents were very blessed and are excited for the next visit from the team"



"The residents love giving back to the community. This group of ladies gifted warm blankets to those in need and food was collected and given to a church group who help single parents care for their children. These ladies are dedicated to sharing, giving and loving; they meet once a week to socialize and discuss how else they can give back."



Mataffin

"The residents and staff at Mataffin Macadamia have enjoyed a busy few weeks filled with flower arranging workshops, crazy hat creations, cupcake decorating and lots more. They also loved their outing to see the new Lion King movie - thanks to the Care Buddies for organising this! And lastly, another huge thank you to Heide-Marie Archer, Hilda Dreyer and a number of residents who went out of their way to organise a delicious cake sale - the residents loved every minute of it!"



Life is like a Garden Bulging Baskets of Bright Blooms

Hanging baskets and containers are ideal to brighten up small balconies and large patios.

For the most glorious displays, follow the general rule of using thrillers, spillers and fillers in your containers and baskets. The thriller is the central feature plant, like a pelargonium, salvia or other eye-catching plants. The filler provides the bulk and is usually compact and full of flowers, like impatiens, osteospermum or lobelia. Spillers are planted around the edge and are trailing or cascading plants. Here are a few basket combinations to wet the appetite:

Shades of Pink - Shock Wave Petunias (*Petunia x hybrid*) are the earliest flowering of all petunias and their strong branches spread out quickly to fill up baskets and containers. The Pink Vein variety is a soft pink with darker veins that run through the petals. These pink beauties are combined with **Blue Bacopa** (*Sutera cordata*) to weave in pops of lavender or blue amongst the show of pink, creating an overflow of cotton candy coloured blooms in the basket or container.

Yellow & White – This basket of sunshine combines the bold, bright yellow blooms of **Osteospermum Voltage Yellow** with the crisp **Petunia Easy Wave** (*Petunia x hybrida*) in white. Expect an abundant gush of big, bright



blooms from spring through to autumn. This combination is easy to grow, hardy and will make a lasting impact when placed in a sunny spot.

Bold - This basket is like a rainbow of colour bursting out of the pot. Plant **Calibrachoas** in deep yellow, rose and purple for a colour sensation that will bring happiness to any balcony, patio or garden. These brilliant blooms grow best in low-light and tolerate shade well.

Editor's Note: Life is a Garden is the marketing division of The South African Nursery Association (SANA). SANA is a member driven, non-profit organisation, which strives to promote gardening as a hobby in South Africa for ALL South Africans. **Please be advised that this note is purely for your information and should not be published.**



Can **Exercise** Really **Boost** Your **Productivity**?

Can you guess what Richard Branson's secret is to being so productive? Exercise! Yeap, Richard Branson, founder of the Virgin Group, revealed that being physically fit is one of the major driving forces behind his productivity. And we're not surprised. Exercise causes your body to release endorphins which trigger a positive feeling in your body. Some people have even described that "after workout feeling" as euphoric. But what is it about exercise that boosts productivity?

Exercise keeps your alert

Regular exercise improves your respiration ability and increases the amount of oxygen in your blood. The oxygen-rich blood then circulates throughout your body and helps enhance your brain function and keep you alert for longer.

Exercise can boost your energy levels

While this may seem counter-intuitive, exercise can actually boost your energy levels when you're feeling sluggish and lazy. In most cases, exercise may be a more effective energy booster than a nap. Recent research has proven that regular exercise can even boost energy levels in people who suffer from chronic fatigue and other energy-sapping conditions. So, next time you feel your eyes getting heavy at work or at home, get up, walk around, do a skip or two to get you through your day.

Exercise can kickstart your creativity

According to a study released in the Journal of Experimental Psychology, when you're stumped for ideas, a simple 15 minute walk can trigger a burst in creative thinking with the average creative output rising 60%. If a stroll can produce such amazing results, imagine what regular exercise can do for you!

Exercise reduces stress

As mentioned above, exercise releases endorphins in your brain that trigger positive feelings and act as natural as an antidepressant. Among all well-known stress management techniques, exercise is perhaps the most recommended technique by physicians worldwide. In particular, regular aerobic exercise has been shown to decrease overall levels of tension and anxiety.

Exercise improves sleep

This one almost goes without saying. Not only does physical activity tire out your body for a good night's sleep, but it has been proven to strengthen your circadian rhythms, which promotes daytime alertness and helps bring on sleepiness at night.

The evidence is clear. Exercise is the golden key to improved productivity, reduced stress, increased creativity and improved overall health. Not only is exercise vital to physical health but is essential to promoting emotional and mental health. It's the perfect remedy!

