



Dear Macadamia Customers and Staff

As the year comes to a close and Christmas begins to take centre stage in our minds, it is important to find time to reflect on the year past, and to take stock of our many blessings. Whether that be times spent with family, a surprise visit from a friend, or even the kindness from a stranger. At MacCare, we understand that it is the collection of these moments that contribute to an enjoyable life of retirement. We encourage residents to give of their time and talents in reaching out to fellow residents during the Christmas period.

Focusing on the positives of 2019, we as South Africans sense a positive shift in the country under the leadership of President Cyril Ramaphosa. A number of his ideas are finding traction and we trust that this will continue to lead to greater investor confidence and a surge in the economy in 2020. We can also be hugely proud of the Springboks for winning the 2019 Rugby World Cup. Their unity, teamwork and commitment to their goal is something we can all be proud of. These are valuable lessons we can learn from the Springboks and lessons we challenge all residents to embrace as they head into 2020.

As MacCare, we are excited about further innovation and improvements in 2020. One area of focus is Home-based Care. We believe this to be the care service of choice in the future and therefore we have been driven to understand as much as possible before we launch it in the new year. The underlying goal is to provide the best Care service to Macadamia residents and we believe this is one further step in that direction. Further details are highlighted in the article entitled "Home-based Care". As always, we are open to ideas and suggestions from residents, so please discuss any thoughts with your local care Manager.

From all of us at MacCare, have a blessed Christmas.

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Year-Round Joy

★ Christmas is full of shiny things
That sparkle, gleam and glow;
These holiday pleasures dazzle us,
And yet, deep down, we know ...

That Christmas has its special gifts,
But our year-round joy depends
On the cherished people in our lives,
Our family and our friends.

By Joanna Fuchs
(Poemsource.com)



Home-Based Care

- *What is it & what are the benefits of it?*

In MacCare's drive to be the leading Care service provider in South Africa, we understand the need to evolve our service offering. This desire comes off the back of countless hours of research into world trends, acknowledging the changing desires and characteristics of generations, and through discussions with you, our residents. We have arrived at a place where our home-based care service needs a makeover. This process is already underway, and we look forward to launching it in the new year.

You may be asking what this new approach entails. Let's unpack this with a simple case study:

Mr and Mrs Smith have recently moved into a Macadamia Village. Mr Smith has recently been diagnosed with a serious illness that results in Mr Smith requiring assistance with a number of daily tasks he used to be able to perform himself. This news is hard for Mrs Smith to accept and she is concerned about how she will look after her husband and take care of her household. Within the first few days in their new home, they receive a visit from MacCare. They are welcomed to the village and the benefits of the Care Availability Levy and services of MacCare are explained, including the fact that it is MacCare's desire that each resident enjoy their remaining years in the comfort of their own home, receiving all necessary assistance from MacCare staff.

At a time convenient to the Smiths, a care assessment is made for both of them, and a resultant care plan is then

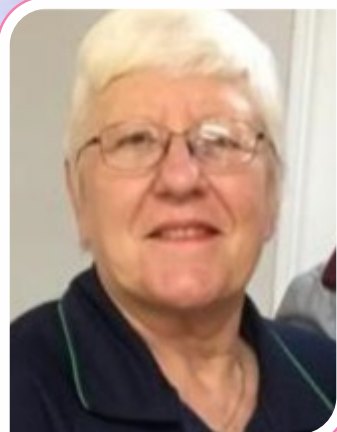
drawn up and discussed with them. A Care Companion is then assigned to them, fully trained by MacCare in their specific requirements. The Care Companion is able to assist beyond the normal duties associated with a Careworker, and is intended to act as a companion to the Smiths, providing a host of services, including:

- Activities of daily living (bathing, dressing, personal hygiene, feeding, moving around the home)
- Cleaning
- Ironing
- Making tea and coffee
- Cooking and preparing basic meals
- Walking and basic exercises
- Playing games (puzzles and board games)
- Assisting with shopping

Where the Smiths would previously have had to employ a domestic helper to assist with a number of these matters, or where Mrs Smith would have had to do all of them, they can now enjoy their time together and allow MacCare to quietly help in the background.

The role of the Care Companion is intended to help relieve the general stresses of daily living and to go the extra mile in making your retirement years your best years.

We look forward to this new chapter in MacCare and we trust this service will benefit all residents greatly.



Farewell Sister Ewalda White

Once again, we find ourselves saying goodbye to a stalwart of Macadamia Care. This past month we had the sad occasion of saying goodbye to Sr. Ewalda White. She has been an integral member of the Macadamia White River team and her 16 years of service will be sorely missed. The staff and residents of White River were very sad to see her go but we do trust that there will be many friendly visits in the future. Sr. White, thank you for your unwavering commitment to Macadamia Care and the knowledge and skills which you have imparted to your staff. God bless.



Macadamia Foundation Education Fund



The second year of the Macadamia Foundation Bursary for the children of MacCare care workers will launch in January of 2020, with a call for motivated applications for support. Each of the MacCare offices will provide administrative assistance to those who wish to complete the application. The Spring newsletter of Macadamia celebrated the first recipient of the bursary, and we hope that many more children will benefit from this scheme in the years ahead. Applications for the 2020 bursary open on 1 December 2019 and close 31 January 2020. Winner of the 2020 bursary will be announced in March 2020.

Anyone is welcome to contribute towards the Macadamia Foundation and to earmark the donation specifically for the Education Fund. Every single cent donated will go to a child that requires support and no donation is too small. The Non-Profit Macadamia Foundation Trust is governed by trustees from across the retirement industry, who ensure that the work of the trust is for the betterment of the local community and is properly administered.

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.

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10 **Early WARNING SIGNS of DEMENTIA** *Everyone Needs to Know*

Dementia is an overall term for a decline in mental ability, severe enough to hinder a person's everyday life. It describes a wide range of symptoms, including loss of memory, language, visual perception, reasoning and judgement. The most common type of dementia is Alzheimer's disease, but other types include Huntington's disease, Parkinson's disease and Vascular dementia.

Learning that a friend or family member has been diagnosed with dementia can be devastating. While there is no cure, it's important to be able to recognize the symptoms. Catching dementia in its early stages can ensure that your loved one can begin treatment as early as possible.

Here are ten early warning signs of dementia to watch out for:

1. **Trouble Choosing Words**

One early sign of dementia is difficulty being able to put your thoughts into words. Someone developing dementia might be desperately trying to remember a specific word but they just can't figure out what it is.

2. **Difficulty Understanding Time**

Having trouble understanding past, present and future can be a sign of dementia. Those who develop dementia are often unable to understand what it means when they're told something will happen tomorrow or next week.

3. **Short-Term Memory Problems**

Problems with short-term memory can be an early sign that dementia is setting in. A person may not be able to recall past events or remember what they ate for dinner the other night. They might also have problems remembering why they entered a certain room or what they had planned for the day.

4. **Difficulty Making Plans Or Problem Solving**

In the early stages of dementia, some find it difficult to make plans or try to follow plans. Others have difficulty when trying to work with numbers. An overall decline in the ability to concentrate can be an early sign of dementia.

5. **Mood Swings**

People who develop dementia often become depressed for short periods of time. They may experience a change in personality or mood swings. Seeing a drastic change in someone's mood or behavior may be a sign that their judgement is becoming impaired.

6. **Difficulty Completely Everyday Tasks**

Another early sign of dementia is difficulty carrying out ordinary, everyday tasks. Someone who is developing dementia might find themselves unable to drive to a familiar location or unable to remember the rules of a card game they've been playing for years.

7. **Trouble Recognizing Places**

Those who suffer from dementia are unable to recognize where they are at times. Even if they are in their own home, they might feel lost and confused. Having no memory of how they arrived somewhere or having trouble recognizing where they are can indicate dementia.

8. **Trouble Writing**

Dementia patients can develop problems with writing. Similar to how they have trouble finding the right word to say, they may have trouble writing out their thoughts or explaining things.

9. **Becoming Repetitive**

Another sign to look out for is becoming repetitive. People who develop dementia often repeat something they already said, or ask a question that someone already answered for them.

10. **Lethargy**

In the early stages of dementia, people can become somewhat lethargic. They lost interest in doing things they've enjoyed doing in the past, or they no longer want to leave their house. Losing interest in being with friends and family members can be a sign of early dementia.

Article Written by David Wolfe.



A Day in the Life of MacCare Residents

Polokwane

The residents love the regular visits from Panda, a local Therapy Dog. Panda is a huge fan of the residents and always has a great time being cuddled and loved.



Last month saw our staff receive some valuable Dementia training provided by Alzheimer's SA. Well done all, we look forward to further training!

Casual Day was loved by all residents. A big highlight being the annual Spring Walk and the delicious ice creams donated by Limpopo Caterers. We are also very grateful to Ansie Marais and the Review Newspaper for donating the well needed waters.



Tzaneen



Congratulations to Auxiliary Nurse, Regina Letsoalo, on her 10 Year Anniversary with Macademia Care. Regina, we really value all your effort and commitment to MacCare. Thank you.



Our residents love spending time outdoors, and even more so when there's a braai involved to celebrate Garden Day!

Breast Cancer Awareness Month

Breast Cancer Awareness Month did not go unnoticed! Sr. Tanya Cerry gave a very informative talk before residents tucked into some delicious cupcakes prepared by Limpopo Caterers.



A Day in the Life of MacCare Residents

Nelspruit

'Van Toeka se Tyd'



What a treat to have Ilanga Caterers host a Heritage Day braai for our residents!

Pictured: the lovely Merriam Mabaso and Martha Ngoben.



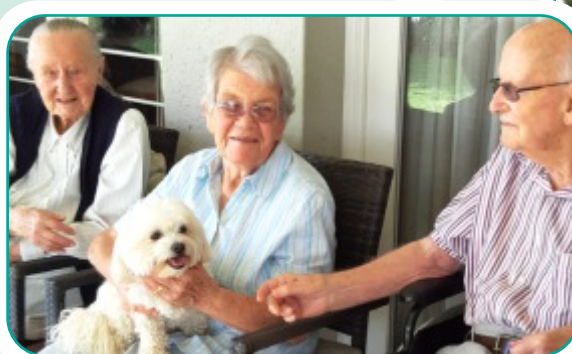
It was a great event enjoyed by all residents. Residents all brought items from years gone by and enjoyed reliving their memories as they shared their stories.



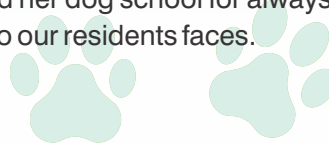
Mataffin



The residents were treated to an outing to the Kruger National Park by the local Lion's and Rotary Club. What a treat to spend a day exploring our beautiful surrounds!



It's always a special time when our residents get to spend time with animals! Thank you to Pam and her dog school for always bringing smiles to our residents faces.



A huge thank you to Judy Black for treating residents and families to a lovely puppet show!



White River



Flower arranging has become a lovely and therapeutic activity for residents! We love seeing their creations and it always brings such light and colour to the lives of those around us!

A huge thank you to the White River Rotary Club for donating a wheelchair to the Care Centre. It is much appreciated!



What a wonderful visit from the Care Buddies as they came through on their Harley's to deliver ice creams to the residents.



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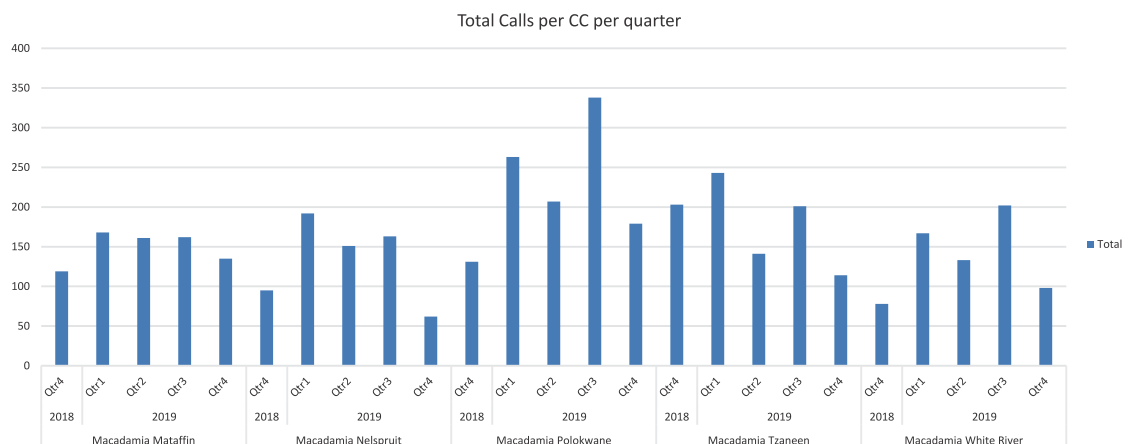
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Residents often ask about the value and necessity of the Call4Care system. This graph clearly reflects the usage of the Call4Care devices at each Macadamia Village. The ability to assist in an emergency situation is paramount to MacCare's ongoing commitment to each Macadamia resident.



Easy Peasy Fruit Cake

Ever wanted to try your hand at a delicious homemade fruit cake? Well now is your chance! We've got the simplest recipe for a lighter version of a classic Christmas fruitcake, bursting with festive spice and juicy fruit. Decorate with candied fruit and glacé cherries. **Give it a go!**

Ingredients:

- 4 tbsp rum or brandy
- 1 orange zested and juiced
- 600g mixed dried fruit (sultanas, raisins, apricots, cherries, cranberries)
- 200g butter, very soft
- 200g golden caster sugar
- 4 eggs
- 50g ground almonds
- 200g plain flour
- 100g pecan nuts or whole skinned almonds, chopped
- 100g candied peel, chopped
- 75g crystallised or candied ginger, chopped

For the decoration

- apricot jam (warmed and sieved) or apricot glaze
- candied pineapple, candied angelica, glacé cherries (a mixture of red, green and yellow if you can find them), crystallised ginger



Method:

Put the rum (or brandy), orange zest and juice and mixed dried fruit in a bowl and stir. Leave to soak overnight.

Heat oven to 150C fan. Double line a 20cm tin with baking parchment. Beat the butter and sugar together until light and fluffy. Whisk in the eggs one by one, then fold in the almonds and flour. Add a pinch of salt and fold in the soaked fruit mixture (and any remaining liquid in the bowl), along with the nuts, candied peel and ginger. Spoon the mixture into the tin and level the surface.

Bake for 1 hr, then turn the oven down to 150C and bake for a further 2 hrs. Check the cake to see if it's pulling away from the sides of the tin and feels firm on top. If you need to, keep cooking for a further 15 mins. Cool in the tin. If storing in the tin, wrap the cake tightly first. Will freeze for up to two months.

To decorate, brush the cake with the apricot jam (or glaze) and arrange your choice of candied fruit on top. Will keep in a sealed container for up to three weeks.

Recipe provided by BBC Good Food.

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

