



June 2024

From the Managers Desk

Wow, what a wonderful day we had with the Sunshine Fair, and a BIG thank you to all our residents and their families and friends for supporting us. The income generated amounted to a whopping R32,563.



By the time you read this, the voting will be something of the past and we trust that something better will come of it and that there would be a more positive outlook than what has been the case in the recent past. Don't get me wrong, I'm not being negative considering there is enough of that going around without me contributing to it. We need to focus more on the positive and speak and think more positively. Just think how much better you feel when you smile and think positive thoughts, easily done when you have God on your side. He gives us hope, and the promise that He will never leave us nor forsake us, so remember that you are never alone, and you have much to look forward to. Spend time in the Word and in prayer and you can never go wrong. Just a thought: Proverbs has 31 chapters, every second month has 31 days, so each day you can read the chapter corresponding with the date. For 30-day months, you can read chapter 30 & 31.

We welcome Anita van Niekerk to our family, but we also sadly bade farewell to Hester Vorster, called to higher service.

We also bid farewell to someone who has an impact on each of our lives, Sr Annalie Grobbelaar. We will miss you and thank you for everything you have done for each one of us. We have all been blessed for having you in our lives. All the best for the future and enjoy spending more time with your family, especially your grandson, Luan. We also welcome Sr Marlene Jooste taking over from Sr Annalie and I am sure you will all join in welcoming Marlene to the 'family.'

God bless and remember, keep smiling.

George Holmes

Sunshine Fair 2024

What a wonderful day was had by all, with all the stalls, the great food and of course the fellowship with the family and friends of Bayswater Village.



Neil and Catherine Armstrong preparing pancakes with some assistance at the Sunshine Fair.

Thanks to all the staff and assistants for your efforts as even after the food was finished, people still came asking for more. We would not have made it without your support.



This was also a highlight of the day. We really enjoyed the Marimba band from Eunice High School.



Congratulations to our staff who completed the Alzheimer's training.

Happy Father's Day to all the dads and Grand Dads!

Stay warm

Lots of Love and God Bless!



WE HAVE BIRTHDAYS

Obe Ludick	1 June
Irene Klopper	4 June
Bets Naude	6 June
Mariette Coetzee	6 June
Helen Reid	9 June
Yvonne van Rensburg	15 June
Francois Mostert	20 June
Doreen de Klerk	21 June
Cheryll Lowe	27 June

we wish you all a happy birthday

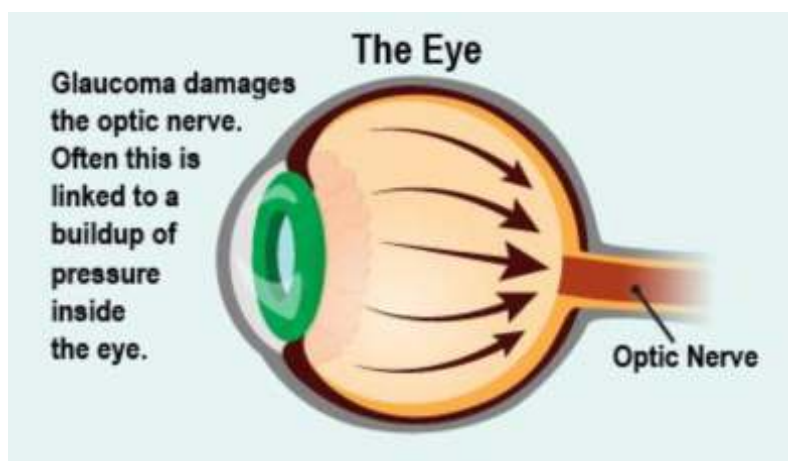


HEALTH HOEKIE

WHAT IS A HEALTHY LIFESTYLE FOR EDERLY?

In general, you can support your physical health by staying active, eating and sleeping well, and going to the doctor regularly. Take care of your mental health by interacting with family and friends, trying to stay positive, and participating in activities you enjoy.

EYE CONDITIONS



1. GLAUCOMA

This condition develops slowly and may be symptom-free. Early detection and treatment are thus of paramount importance to prevent vision loss. Over the age of 60, a regular eye examination is essential. An optometrist, besides testing vision, will do a painless air puff test which measures the fluid pressure inside your eyes (otherwise known as intraocular pressure). If this is raised, a dilated comprehensive eye examination will be necessary.

Signs and symptoms vary depending on the stage of the condition. When they do develop, it is usually late in the disease. If you have any of the following symptoms, obtain medical advice right away:

- Seeing halos around lights, vision loss, eye redness, whitening/haziness of the cornea, eye pain, tunnel vision, severe headache.

2. AGE-RELATED MACULAR DEGENERATION

Age-related macular degeneration (AMD) is a problem with your retina. It happens when a part of the retina called the macula is damaged.

With AMD you lose your central vision. You cannot see fine details, whether you are looking at something close or far. But your peripheral (side) vision will still be normal. For instance, imagine you are looking at a clock with hands. With AMD, you might see the clock's numbers but not the hands. AMD is very common. It is a leading cause of vision loss in people 50 years or older.

You are more likely to develop AMD if you:

eat a diet high in saturated fat (found in foods like meat, butter, and cheese)

- **are overweight**
- **smoke cigarettes**
- **are over 50 years old**
- **have hypertension (high blood pressure)**
- **have a family history of AMD**

Having heart disease is another risk factor for AMD, as is having high cholesterol levels. Caucasians (white people) also have an elevated risk of getting AMD.

GOLDEN OLDIE

RINA KUSSMAN

At 95, Rina not only has remarkably good eyesight and hearing but is quite mobile. Understandably she has a few memory lapses but is otherwise fully cognitive, has a lively sense of humor and a positive disposition.



Hailing from Carolina in the old Eastern Transvaal, Catharina was the second youngest of seven children, four girls and three boys, of Fanie Marais, a prominent businessman in the town, and his wife, Hettie.

She is the last surviving sibling, one of her sisters having lived until the ripe old age of 102.

After matriculating at the local school, Rina went nursing at the Pretoria General Hospital for some years, not doing any formal training. She then came to work in Bloemfontein and met her future husband, a man of her own age with his own business. They lived in Paul Roux Street for their entire married life.

Their first child, Fanus, a businessman involved in construction, tragically died of lymphoma at the age of 54. He was married with two sons who still live in Bloemfontein.

Next came a daughter, Terma, who majored in mathematics at UFS and later became a nuclear safety specialist, now retired and living in Centurion.

Their second daughter, Mariét, a UFS B. Comm. graduate, is married to an American businessman and lives in Texas. Rina recounts with great relish the romantic story of how the couple met on a flight to Hawaii, seated next to each other because of a seat booking mix-up. She was on a holiday trip, he was on business. They have a son, a student, and a daughter. Mariét and her adult working daughter, Caty, recently visited SA, spending time with Rina and making her one of the happiest mothers and grandmothers in the universe.

After the death of Rina's husband following a stroke, their home in Paul Roux Street was sold and Rina moved to Noorderbloem. There she had a fall and fractured her leg, spending some time in hospital. Because of the limited care available at Noorderbloem, her daughters moved her to the new wing at BWV in August 2023 where she is extremely happy in her room filled with family photographs which she loves to share.

Rina is a deeply committed Christian, her unshakeable faith and her sincere belief that her son was happily at peace in Heaven bringing her solace and acceptance after his premature death. She is also outspoken about the great joy her family has always given her.

Her daughters remember fondly how she not only unfailingly prayed for those who had suffered any kind of loss, but also reached out to comfort and encourage them. Even if she had only read a newspaper report and did not know the people, she would make it her business to somehow find out their details and to be in touch with them. Over the years she received countless numbers of well-deserved letters of appreciation in return for her prayers, her kindness and caring.

2024 Elections

Our first resident to make their X, Avona Lomborg, this morning, 28 May 2024, when the IEC visited the Village for special votes.



MOTIVATIONS

Motivation in training in the workplace
Employees are more likely to be motivated when they feel valued and appreciated.
Feedback can be both positive and constructive and should be given in a timely and specific manner. Recognition can take many forms, such as verbal praise, written notes, or public acknowledgments.



A beautiful day
begins with
a beautiful
Mindset



Happy
Father's
Day