

Silver "Oaks" Newsletter

Number: 19

DATE: AUGUST 2011

The aim of this newsletter is to keep you, the resident updated on happenings at Silver Oaks Lodge. All contributions from residents and staff are welcome.

INDEX

	Page
Birthdays	2
Days gone by	2
Mealtimes and Health Rolls	2
Days gone by	2
Winter Wonderland invitation	2
Get to know the staff	3
Health - Arthritis	3
Time for A Laugh	3
Welcome to new residents	4
Photo Gallery	4

What's on during August 2011?

9 th	National Women's Day
10 th	Sing-a-long and Hot Chocolate Dog therapy
18 th	Fundraising Concert
26 th	Under the Sea Special meal

Monday:	11:00 Bible Study
Tuesday:	09:00 Games and Carpet Bowls
Wednesday:	11:00 Music Hour
Thursday:	9:00 Exercise 14:00 Art and Library Afternoon: Riaan the fruit man
Friday:	9:00 Carpet Bowls Afternoon: DVD/Video show



From the Editor...

The month of July turned out to be a very busy one. We celebrated Mandela Day and in honour of that great man's struggle for a better life, everyone is asked to perform 67 minutes of community service. For this occasion we reached out to Bright Lights, where they care for children that are in harm's way. Eighteen children visited us and joined in our music morning.

They loved to sing some of the old Afrikaans songs, and were impressed when Mr. Bellamy explained to them where the song of the drunken sailor came from. When we repeated the song, they did so with gusto and renewed energy.

After the event they each received a gift bag of treats sponsored by Silver Oaks Lodge and some of the residents.

A group of residents took some time on the previous Friday to decorate the packets with a hand print, the logo of Nelson Mandela's Children's Fund.

The children have since visited again, and joined the in an afternoon of games. The Knitting Circle also donated to them a bag full of beanies to keep their heads and ears warm this winter.

See page 2 for our Darlings Update....

--The Editor

Left: 18 July, Mandela Day and the children from Bright Lights came for a visit. Young and old enjoyed this lovely event where Silver Oaks Lodge did their 67 minutes for charity.



BIRTHDAYS

5th Mrs F Truter
7th Mr A Jespersen
9th Mrs A Dickson
12th Mrs M Hockey

17th Mrs V Denisova
20th Ms P Trezona
24th Ms V Main
26th Mrs V Iles
30th Mrs D Jannings

Enjoy your day!

RESIDENTS CONTRIBUTION

When the other fellow takes a long time, he's slow.
When I take a long time, I'm thorough.
When the other fellow doesn't do it, he's lazy.
When I don't do it, I'm busy.
When the other fellow does something without being told, he's overstepping his bounds.
But when I do it, it's initiative.
When the other fellow overlooks a rule of etiquette, he's rude.
But when I skip a few rules, I'm original.
When the other fellow pleases the boss, he's an apple polisher.
But when I please the boss, that's cooperation.
When the other fellow gets ahead, he's getting the breaks.
But when I manage to get ahead, that's just the reward of hard work.

- Mrs. A Lewis (Primrose)

Annual Fundraiser...

On the 19th of August, the *Somerset College Jazz Band* will be performing here at Silver Oaks Lodge for a fundraising concert. The price of the tickets is R50 per person and will include a light supper and wine.

The program is filled with fun and the music is of light variety. Some of the items that will be performed are Bird-land, Down for a double, I'm a Believer, Taxicab, Cantaloupe, and other well known scores.

We encourage all of you to invite friends and family to join us on what promises to be a memorable evening. The program starts at 18:30.

Tickets are available at reception.

DAYS GONE BY ...

Ouma Anne, soos sy bekend staan in Lavender, het 'n heerlike geselsie aangeknoop rondom haar kinders, kleinkinders en agter kleinkinders.

Sy is alreeds 22 jaar by die Vereniging vir Bejaardes en was voorheen in Vonke Huis, Robari en later by Silver Oaks Lodge waar haar man oorlede is. Met heimwee noem sy dat Nico (haar man) 'n pragtige tenoor stem gehad het en so mooi kon sing.

Sy praat met lof oor Anne-marie wat so baie vir haar doen, en Ella wat haar altyd moed in praat as dinge haar die dag onder kry. Ella, sê ouma Anne, het al 5 haar kinders self grootgemaak, en swaar gekry. Die eerste kleinseun (Eben) was ouma se "Sweetie Pie" genoem en toe die agter kleinkinders Grace en Sam bykom moes Ouma onthou dat Eben nog steeds die "Sweetie Pie" was.

Sy vertel van Yvette wat moonlik Australië toe gaan verhuis met Grace en Sam en vertel dan met trots hoe hulle familie geword het.

Bokant Ouma Anne se bed is daar baie fotos, wat sy so met heimwee sê, sy mee gesels, net jammer dat hulle jou nie terug antwoord nie.

...DARLINGS UPDATE.....

Construction of the new home for our dear darlings is complete and they moved into their new luxurious accommodations. All our organic waste, garden rubble and paper will now be utilized in feeding them. Residents can be helpful in this regard.

When you throw away rubbish, keep the paper, vegetable and fruit peels in one packet and the plastic and metal in another. The housekeeping staff will then put the organic matter separate to feed to the worms. You can also give your fruit peels to the kitchen to add to their bin for feeding. Remember the darlings LOVE paper, so let's give this to them to eat.

The waste our darlings produce is called Worm Tea, and will be used to fertilize our gardens.

- The Editor

Time for a laugh

The cat, he kicks me out



and sez hurtful tings

INASAHOTDOG.COM BY 🐶 🐱

GET TO KNOW THE STAFF

Name: Nontisha Hlazo

Nickname: I'm glad to say I don't have one

Birth date: 12 January

Work history: I have been working at Silver Oaks Lodge for the past 4 years, and I love it!

Do you have children? Yes, I have two boys, aged 24 and my baby of 6.

What do you do in your free time? I love to watch TV and to listen to gospel music. I am also involved in the choir at my local church.

Favorite food: I love eating any meat, with rice and vegetables.

What is there about you that we don't know? I am looking forward to continuing my studies at the Helderberg Society Training Centre. Watch this space.... Someday soon

I'll be SISTER Hlazo!! 😊



HEALTH

In our previous issue we took a look at the common causes of gout.

In this issue, we will discuss the common signs and symptoms of gout.

The most common of these is the inflammation and swelling of the joint at the base of the big toe. The area is warm, and tender, and may also be warm to the touch. Other joints such as heels, knees, and wrists may also be affected. Joint pain usually sets in at night, due to the lower body temperature then. Movement of the affected area becomes difficult and painful. The next indications of gout is running a fever and experiencing fatigue.

Continuous attacks of gout may lead to kidney stones and even renal damage.

In our next two issues we will discuss the treatment and prevention of this painful condition.

WHITE ELEPHANT

Please donate all your unwanted items to Silver Oaks Lodge. We can sell anything you don't use, from kitchenware, clothing, furniture, and more.

During the June sale we raised over R800 for use in the activities held at Silver Oaks Lodge.

Thank you for your donations!

Welcome to all our new residents

No new residents moved in during July

May you feel at home with us!

Photo Gallery



Photo 1 and 3: Residents are busy decorating and filling the gift packs for our special guests from Bright Lights.

Photo 3 and 4: Winter in July was celebrated on the 20th July. Residents were asked to dress in their brightest clothes to brighten up the dull day. And they came out in full swing. The tables were also decorated with bright serviettes and tablecloths, as well as flowers made from painted toilet rolls.

