

Silver "Oaks" Newsletter

Number: 9

DATE: 1 SEPTEMBER 2010

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

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What's on during September 2010

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| 1 st | Spring Tea 10:30 all dining rooms Paw Pals |
| 8 th | Poetry Reading. Theme: Spring |
| 15 th | Happy Hour @ 16h00 |
| 21 st | Resident Forum meeting in Primrose World Alzheimer's Day |
| 23 rd | Pancake Day |
| 24 th | Heritage Day – No activities |
| 27 th | Bingo – Week of the Aged |
| 28 th | Amazing Place – Week of the Aged |
| 29 th | Ross Magill Concert – Week of the Aged |
| 30 th | Big walk – Week of the Aged |
| 1 st Oct | Games morning – Week of the Aged |
| Mondays: | 11:15 Bible Study |
| Tuesday and Thursday: | 09:00 Games and Carpet Bowls |
| Wednesday: | 11:00 Music Hour |
| Thursday: | 9:00 Exercise 14:00 Art and library |
| Friday: | Riaan the fruit man DVD/Video show |

SMILE A WHILE

Research has shown that when you start your day with a smile, you will most probably have a stunning rest of the day.

Mondays will from now on be our official **Smile And Be Happy Day**. Concentrate to greet everyone you meet during the day with a friendly smile. See how they respond and how you feel when greeted with a friendly smile.



Week of the Older Persons

From the 27th September to the 3rd of October, we will be celebrating the Week of the Older Persons.

A full programme of activities for the week is planned and we invite all our residents to prepare themselves to have lots of fun.

We start the month with celebration of Spring with a Spring Tea and dance our way through the weeks until the Happy Hour which will be a mini braai.

On the 21st we invite residents and staff to dress up or bring along anything to depict a fond memory of days gone by.

The choir is practicing every Wednesday for the upcoming Ross Magill concert, and this year will just be as much fun as the previous four. Tickets are on sale for R25 per person including tea and a treat, and can be bought from Maxie in Reception.

SING-A-LONG AND POETRY MORNING

Friday the 13th August was nothing but good cheer and creaking voices. Residents got together in the Primrose Lounge and sang songs of times gone by. Some notes were a bit too high and others a bit too low, but in general those participating enjoyed the fun and laughter all around.

Ms Trezona, Magill, Lewis and Hogg as well as Mr. Bellamy recited poems about woman. How clever, good and sad they are. This is to commemorate Woman's Month and the celebration of Woman's day that was on the 9th of August.

QUOTE

“I define joy as a sustained sense of well-being and internal peace – a connection to what matters.”
- Oprah Winfrey

BIRTHDAYS

8th Mr L Kruger
10th Mrs H Coetzee, D Samuelson, A Fourie
13th Ms J Gardner, Mrs H Hommel
15th Mrs GMJ Viljoen
17th Mrs. H Currin
21st Mrs I Manning

May all of you enjoy your day!

RESIDENTS CONTRIBUTIONS ...

May the wings
Of the butterfly kiss the sun
And find your shoulder to light upon,
To bring you luck, love and happiness
Today, tomorrow and beyond

Dear Lord, help me to accept my life as it is and to
make the best of it.

Thank you, Lord, that by your grace my life has not
yet come to its end.

I am satisfied with what I have;

I am thankful for family and friends, for nurses and
care-givers who attend to me with love and for the
many people who are praying for me.

Thank you for your grace that enables me to entrust
myself to your will.

Amen

- Source: Solly Ozrovech

Write your winning story ...

THEME: Decide what the point is and stick to it

CHARACTERS: Only use as many characters as
you need to illustrate the theme

POINT OF VIEW: Who do you want to tell the story
– one of the characters or someone else?

TIME SPAN: How long a period will your story
cover?

PLOT: Grab a reader's attention; open the story
with an arresting sentence or paragraph

GET TO KNOW THE STAFF

Name: Sharon Ridler
Nickname: Professor
Birth date: 22 November
Work history: 10 years at the Society
for the Aged on 1st August 2010
Do you have children? No!!!!!!!
What do you do in your free time? I
study, study, study ...
Favorite food: Anything with cheese
At the moment I am reading: The History
of Economic Thought
My favourite movie is: Victor Victoria with
Julie Andrews
The most famous person I ever met was:
Nelson Mandela



How to Help a Friend WHO IS ILL

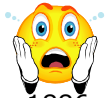
Be a good listener: Listen attentively and sympathetically. Do not rush to provide advice or feel that you always have to come up with a solution. You might inadvertently blurt out something that could hurt.

Be empathetic and considerate: Put yourself in your friend's shoes. If he is preparing for surgery, undergoing treatment, or waiting for test results, he may be tense and tend to be sensitive. Recognize this and adapt to his mood swings.

Respect your friend's privacy. Unless you are asked to be the family spokesperson, don't give out information.

Even if you are a close friend, do not overstay your welcome. Your friend may not feel up to socializing. He may be tired and have little energy to talk or even to listen for very long. On the other hand, avoid giving the impression that you are in a hurry to leave. Your friend deserves to see how much you care.

-Taken in part from The Watchtower, July 1, 2010
Complete article available in Admin Office



RIPLEYS BELIEVE IT OR NOT

In 1886, Jerry Simpson, working on a railroad in Cascade Range, in Washington, saw a runaway North Pacific engine bearing down on him, and preferring instant death to a crippling injury, threw himself across one of the rails. The careening engine's wheels rose from the rails a moment before he would have been killed – and the engine cleared his body and crashed into the gully below.

Time for a laugh

A new pastor is visiting his parishioners. He knocks at one house and although it's clear someone is home no one answers the door.

So he takes out his business card, writes: "Revelation 3:20" on the back and sticks it to the door.

When he empties the collection plates the following Sunday he discovers his card has been returned with the cryptic message "Genesis 3:10", added to it.

He reaches for his bible to check the quotation then breaks into gales of laughter.

Revelation 3:20 begins: "Behold, I stand at the door and knock."

Genesis 3:10 reads: "I heard your voice in the garden and I was afraid for I was naked"

COMPETITION TIME

We encourage all residents and staff to get together (3 in a team) and write a short story about everyday life.

This can only be a lot of fun and we are awaiting your stories with anticipated breath.

How does this work? Get together and write your story. During the last week in November all entries will be given to the residents to read and they will vote on the winner, 2nd and 3rd prizes. The three winning stories will also be acted out (if the story allows for this).

We thus encourage all of you to put on your creative caps and join in the fun.

1st Prize R60
2nd Prize R30
3rd Prize R15

Closing date for entries 19 November 2010

The rocks of our society 9 August 2010

No medals, no awards, no press conferences. That's what happens to many of the real winners in our society. The women on whose efforts the very fabric of our communities rest. Health24 salutes all the grandmothers, the nurses, the night cleaning teams, single and married moms, the charity workers, the manageress's, the doctors, the cashiers, the teachers, the domestic workers, the childcare workers. In fact, every single woman.

This is because everyone makes a contribution of some kind to make our society a better place. A smile sometimes does it, and sometimes the ability to put your foot down. To do what needs to be done without making a fuss or expecting praise. Here's your praise – even if you don't have the day off.

- Health 24!

LIVING WITH DIABETES

Diabetes occurs when the body does not produce or properly use insulin, a hormone necessary to convert sugar. Diabetes often goes undiagnosed since many of its symptoms seem harmless or commonplace. Early detection of diabetes can decrease the change of developing diabetes complications.

Suggested lifestyle and diabetes diet changes:

- Lose weight if you are overweight
- Eat small, frequent meals to keep blood sugars in a healthy range
- Keep refined starches and sugars to a minimum
- Keep saturated fats and trans-fats to a minimum. Consume moderate amounts of oils such as olive and some nut oils
- Eat fish several times a week, or take omega 3 supplements
- Eat generous amounts of non-starchy vegetables
- Increase your activity level



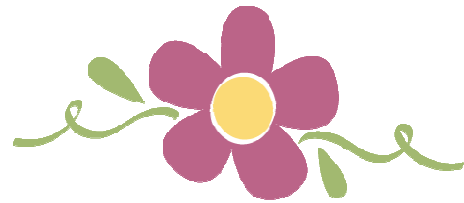
PHOTO GALLERY



What fun it was to build this very difficult puzzle.

Every available moment was spent to construct this 2000 piece puzzle of a hospital scene.

Many residents had a hand in fitting and searching for missing pieces, but it was ultimately this trio that completed the very last stretch.



grATTITUDE walk

On 5 August at 14h00 13 residents and staff participated in the GERATEC gratitude walk.

Residents were asked to express their gratitude my means of a placard that was worn around the neck and all took to the road. Residents expressed thoughts such as gratitude for friends and family, food to eat, love, kindness and many more.

Those demonstrating their attitude and gratitude in this tangible way were noted by many passersby. Passing the local Methodist Primary School, the children reacted by telling each other what they are grateful for. Thank you residents for taking part, we are proud of you.



13 Residents, the Manager (Sharon Ridler), Geratec and Nursing staff taking part in the grATTITUDE walk



Thank you for your contributions:

Various Residents

This newsletter was Compiled by:

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