

# BIRTHDAY LIST FOR JULY 2023

- 3<sup>rd</sup> Cornelia van Essen
- 4<sup>th</sup> Johanna Coetzee
- 9<sup>th</sup> Charles Knight
- 12<sup>th</sup> Myrtle Venter
- 12<sup>th</sup> Aubrey Presmeg
- 16<sup>th</sup> Sheila Addison



# THE VILLAGE CHATTER

## JULY 2023



**Bayswater Village**

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Comments, suggestions and contributions are welcome

# WORD SEARCH

## Senior Citizen

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P F G N I G A N O L I C N U O C F Q J L C O X G
L E R I T E R G S U Q G G E Y Q M F E I S Y B F
I L H P J L V J S M R Y L Z N Q H E R T L J R P
F X Q W V D K M U E E V L M Y I G T E H E S E E
T J P F H Z O A A J T U Y M K E A O T Z E I M N
C P C W N E M R R N O D I M N I P X N H H W O S
H U J Y S O E D M B O V U E R O P N I I W D O I
A U H W D O F L L U C F R E R H B H R W N A B O
I U G S A Q G S C R S A G O O K A B P C O X Y N
R U I R G B A O V H T P S E B G B F E X S D B K
A W J E B I B K U I A I F N W D V I G I L F A L
J L U K R A F E O F S I M E D I C A R E A Y B V
A Q L A D V E N W M Q F R H O O A S A G E J B V
V J F E I X Q S E R U T N E D H F D L F M O D H
A A R N A J M J E C I F F O S R O T C O D E K N
I F D S G C V R L N D I X A A R K L J T P P C A
U U Y R N M O E C L B N R P D O K A Z E I P R S
J K J E I K M K U R D M W P U M R Y N X I P W X
M W V V R R O A M F I P K M A D Q D M P A W T R
R E K L A W L T J F U U U Y Q S S G S T U S J S
M Y W I E J L E I C Y T I R U C E S L A I C O S
N E P S H I E R B I F O C A L S S R C U S J B W
K W C Z C I J A Q J G R A Y H A I R S J S V X J
C F F C G C S C Y K W Y S I T I R H T R A Z S Q
    
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- |                 |                |                 |                  |
|-----------------|----------------|-----------------|------------------|
| Generation      | Caretaker      | Bib             | Council on Aging |
| Meals On Wheels | Doctors Office | Lift Chair      | Scooter          |
| Wheel Chair     | Jello          | Osteoporosis    | Social Security  |
| Depends         | Gray Hair      | Silver Sneakers | Walker           |
| Bifocals        | Large Print    | Geriatric       | Baby Boomer      |
| Hearing Aid     | Wisdom         | Pension         | Retire           |
| Dentures        | Arthritis      | Medicare        |                  |

## Health Hoekie (contd)

If you are lying down, then you should be flat on your back with your arms at your sides and your knees up and together. Keep your head down, too, to avoid straining your neck.

- c. **Tighten the pelvic floor muscles and hold for a count of 5 at first, increasing to 10.**

**NB:** Concentrate on only tightening your pelvic floor muscles. Your Kegel exercises should focus on these muscles only, so you should avoid flexing other muscles, such as your buttocks, thighs, or your abdomen, for best results. To help your concentration and the efficiency of your movements, make sure you breathe in and out as you perform each set of Kegels, instead of holding your breath. This will help you relax and get the most out of your pelvic floor exercises.

One way to keep your muscles relaxed is to place one hand on your belly to make sure that your belly is relaxed.

If you feel any discomfort in your abdomen or back while doing these exercises, you are probably doing them wrong. Breathe deeply and relax body when you do these exercises.

- d. **Relax the muscles completely for a count of 10.**

**Do 10 repetitions, 3 to 5 times a day** (morning, afternoon, and night).

After a couple of weeks, you can also try doing a single pelvic floor contraction at times when you are likely to leak (for example, while getting out of a chair).

**A word of caution:** Some people feel that they can speed up the progress by increasing the number of repetitions and the frequency of exercises. However, over-exercising can instead cause muscle fatigue and increase urine leakage.



## FROM THE MANAGER'S DESK



Winter, BRRRRRRRRR, but at least we generally have lovely sunshine bringing some relief from the cold. We are also blessed that we have warmth in general, blankets, clothing, even heaters, which many others do not have the luxury of having. We can be thankful for what we do have. Speaking of heaters, please keep in mind that heaters and air conditioners generally use much more electricity and this would definitely have an impact on electricity bills at the end of the month. It would be more economical to use a blanket and maybe have a nice mug of hot chocolate, hmmm, or coffee or tea, whichever you may prefer.

*Met verwysing na verwarmers, neem asseblief kennis dat die verwarmers in die gange permanent aangeskakel bly om die gange warm te hou sodat, wanneer inwoners uit hulle warm kamers kom, die gange nie te koud is nie. Dit verminder ook die kans dat die inwoners siek word. Moet asseblief NIE die verwarmers afskakel nie.*

If anyone living in the rooms in the passages would like to contribute to the recycling project, please let the office know. Thank you to all who are currently contributing to the recycling as this makes a difference to the landfills. You are making a difference. For more information on the recycling project, please feel free to contact the office.

We welcome Priscilla Niewoudt and Elize O'Neill to our family and we sadly bade farewell to Marie van Aswegen and Keith Lane who were called to higher service.

Please keep the staff, management, directors and residents of Bayswater Village in your prayers. We all have our ups and downs and the winter weather is taking its toll on the health of many. Some of us are able to bounce back much easier and quicker than others. Remember that warmth would also be your smile at someone or a word of encouragement. Enjoy one another's warmth and share it abundantly.

Take care, keep warm and God bless.

George

# AROUND & ABOUT THE VILLAGE

## Piano Concert 10 June

Resident, Christilda Neumann, and her daughter, Natasha, both music teachers, arranged for some of their pupils ranging in age from 5 to 14 to entertain the oldies. The concert was delightful and much enjoyed by a hall packed with appreciative residents, performers and their proud parents. For many young pianists, it was their first exposure to an audience and they were understandably nervous but played perfectly with the caring encouragement of their teachers. To crown it all, delicious cupcakes were handed out afterwards by the children to have with tea, and much enjoyed by the grateful recipients. At the end of it all, Christilda and Theo rounded off the concert by playing and singing to the last of the audience present.



## HEALTH HOEKIE

### KEGEL EXERCISES

Kegel exercises are pelvic floor muscle training exercises to help strengthen the muscles under the uterus, bladder and rectum. They can help both men and women who have problems with urine or bowel control to avoid urine leaks and accidental passing of gas or stool. You can do these exercises at any time and place. After 4 to 6 weeks, most people notice some improvement. It may take as long as 3 months to see a major change. When done the right way, pelvic floor muscle exercises have been shown to be very effective at improving urinary continence.

### FIND YOUR PELVIC MUSCLES

Before you do your Kegel exercises, it's important to find your pelvic muscles. These are the muscles that form the floor of your pelvic floor. The most common way to find them is to try to stop the flow of your urine midstream. This tightening is the basic move of a Kegel. Let those muscles go and resume the flow of urine and you'll have a better sense of where those Kegels are.

### PERFORMING PELVIC FLOOR EXERCISES

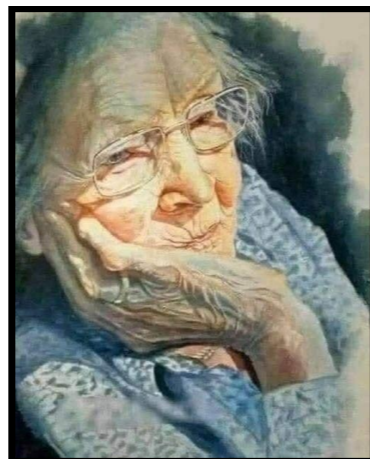
- a. Make sure you have an **empty bladder** before you begin your Kegels. This is important. You don't want to do your Kegels with a full or a partially full bladder, or you may experience pain while you do your Kegels, as well as some leakage. Before you start your exercise routine, do a bladder check so you can perform those exercises as efficiently as possible.
  
- b. Get into a **comfortable position**, either **sitting in a chair or lying on the floor**. Make sure your buttock and tummy muscles are relaxed.

## ONE FINE DAY

Author Unknown

**I may never see tomorrow; there's no written guarantee,  
And things that happened yesterday belong to history.  
I cannot predict the future, and I cannot change the past.  
I have just the present moment; I must treat it as my last.  
I must use this moment wisely for it soon will pass away,  
And be lost to me forever as a part of yesterday.  
I must exercise compassion, help the fallen to their feet,  
Be a friend unto the friendless, make an empty life complete.  
I must make this moment previous, for it will not come again.  
And I can never be content with things that might have been.  
Kind words I fail to say this day may ever be unsaid,  
For I know not how short may be the path that lies ahead.  
The unkind things I do today may never be undone,  
And friendships that I fail to win may never be won.  
I may not have another chance on bended knee to pray  
And thank God with humble heart for giving me this day.  
I may never see tomorrow, but this moment is my own.  
It's mine to use or cast aside; the choice is mine alone.  
I have just this precious moment in the sunlight of today  
Where the dawning of tomorrow meets the dusk of yesterday.**

*With thanks to Bev Swemmer*



## ODEION STRING QUARTET PRE-LUNCHTIME CONCERT 13 JUNE

What a pleasure and privilege to be treated to another Haydn concert by Samson Diamond, Sharon de Kock, Jeanne-Louise Moolman & Prof. Anmarie v d Westhuizen Joubert, all highly acclaimed musicians and teachers at the School of Music of the UFS. Samson, the leader, explained how they were working their way through about 68 Haydn compositions for string quartets. Sharon added that their pre-lunch hour concerts at retirement centres were actually practice sessions for concerts and far more pleasant for them than rehearsing in their practice room. Lucky BWV residents can look forward to other concerts in the future.



## FAREWELLS TO RESIDENTS

Memorial services were held for Marie van Aswegen on 12 June and for Keith Lane on 20 June. Both were beloved long-term residents and will be sorely missed. Deepest sympathies to their families.



## CHANGE OF SECURITY COMPANY

From the 1st of June, Invicta Security Solutions took over from Bloemsec. Ph Nos: 051 492 4132/082 929 0183

Israel resplendent in his new uniform.

## NEW RESIDENTS' LOUNGE

Finally completed after a long wait.



# **GOLDEN OLDIE**

## **HELEN REID**

Helen Kemm, the middle of three daughters of an Irish mother and a research meteorologist father, was born in Wepener, OFS, in 1932. From a young age, Helen enjoyed being taught by her father to take a variety of met readings. After attending the Wepener Junior School, she was sent as a boarder to Greenhill Convent, travelling to and from Bloemfontein by train and becoming friends with the many other pupils from small towns in the south who travelled together to attend school in the city.

After matriculating, Helen qualified as a junior school teacher after two years at the Grahamstown Teachers' Training College. She was awarded a bursary for further studies at Rhodes University but, due to her father's ill-health, had to delay such studies until he recovered. She took a post at the Wynberg Boys' Junior School in Cape Town and taught there for five years, regretfully never using her bursary partly because her father did not recover fully and died a few years later.

Helen and Colin Reid, three years her senior and one of Helen's large group of old school friends from the district, reconnected during her school holidays at home and they became engaged late in 1957. At the end of that year Helen resigned her teaching post and Colin and she were married in Wepener in February, 1958. The new bride was taken to start a somewhat different life in the central region of the then British colony of Basotholand where Colin and his widowed mother owned and ran a trading station. Besides the general store, they managed a butchery and a mill and traded cattle, dealing with the local inhabitants and the mines, as well as keeping cattle and sheep for their own consumption. The family home was large and had guest rooms where traders could stay overnight, this hospitality traditionally being extended to them as the station was at the end of that particular trading route.

Their first daughter, Susan, was born in 1959 and her sister, Jacqui, in 1963. Both in the days leading up to Basotholand's independence from Britain in 1966 and afterwards in the new Lesotho, the country saw much political and racial strife. Although these were troubled times, Colin and his family always enjoyed the respect of the local people because of their honest dealings, reliability and friendly helpfulness, Colin always having been willing to oblige in emergency situations like transporting sick people to hospital and in other matters requiring his assistance.

## **Golden Oldie (contd)**

Following his mother's retirement about a year after independence and Colin's later having developed a mild heart condition, the family sold the business and relocated to Bloemfontein in the late 60's. Their elder daughter, Susan, was then able to live at home after having been a boarder at Eunice School up till then. Helen laughing recalls that she was a bit miffed about being taken out of boarding school as she had enjoyed it tremendously to live amongst friends. Colin was appointed to a senior position at Greatermans until it closed down, afterwards spending a short time at Kloppers before joining Clicks to open their first store in Bloemfontein plus another few before retiring at the age of 65. Sadly he died after ten years of happy retirement during which he continued to be an enthusiastic and dedicated member of the Bloemfontein Bowling Club.

Helen meanwhile taught at Eunice Primary School, having to resign after only two terms because of a temporary health issue. She was shortly afterwards invited to teach at Christian Brothers' College Primary where she held her post for about twenty years until her official retirement at 65. Asked to stay on, Helen taught children with special needs for two years and was then appointed to start the CBC Primary library from scratch. She established and managed this library for eighteen years, finally taking her well-deserved retirement at the age of 85 after a total of forty years at CBC, and with an extremely long and rewarding career behind her.

In 2019, Helen moved from her lovely townhouse at Waverley Park to her cosy little flat at BWV where she happily resides at the age of 91, keeping busily occupied and not allowing any problems to slow her down or dim her good cheer.

