

THE VILLAGE CHATTER

AUGUST 2023



Bayswater Village

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Comments, suggestions and contributions are welcome

FROM THE MANAGER'S DESK

I cannot believe we are here at the end of another month! Wow, time flies. We seem to have so many things that save us time like a micro-wave oven that heats up your food 'fast', we have 'fast foods' available, we have fast cars and fast internet. But when you consider all things, we seem to have less time on our hands and we just don't seem to get to do the things that we want to.

We enjoy some lovely 'warm' days and then some cold days, with some cold days still to come as per the weather forecast, but we can enjoy the lovely sunshine basically on a daily basis.

There have been some changes in the activities here at Bayswater Village, so just an update. The carpet bowls on Wednesday afternoon has moved to 14h30 (2:30pm) and an English, non-denominational, Bible study group will be starting on Thursday 3 August at 14h00 (2pm) in the library and all are welcome to join. *Die Afrikaans Bybelstudiegroep gaan voort op Woensdagoggende om 10h00.*

There have been some internal moves with Pippa Scheffer, Violet Lessing and Willie Jordaan moving in from units into rooms. We have residents who have moved into the new wing, D-passage, and we welcome Yvonne Anderson, Petro Steenkamp and Monique Beukes to our home. We trust they will all enjoy their stay here and may they be all be blessed. We bade farewell to Corry van Essen, called to higher service, we pray for her family and friends.

I would like to ask you to read 2 Bible verses, Matthew 19:26b and Philippians 4:13, just as a reminder that we cannot do anything alone and that HE strengthens us.

Keep well, keep warm and be safe!

God bless

George

**NB: A residents' meeting will be held
in the hall at 14:00 on Thursday,
17 August 2023.**



AROUND & ABOUT THE VILLAGE

The new sun lounge looked a bit bleak at first but is becoming more homely as time goes by



Oh, dear, a blocked sewer to be cleared on a Friday afternoon

Enid Greenland's birthday tea on Saturday, 29 July

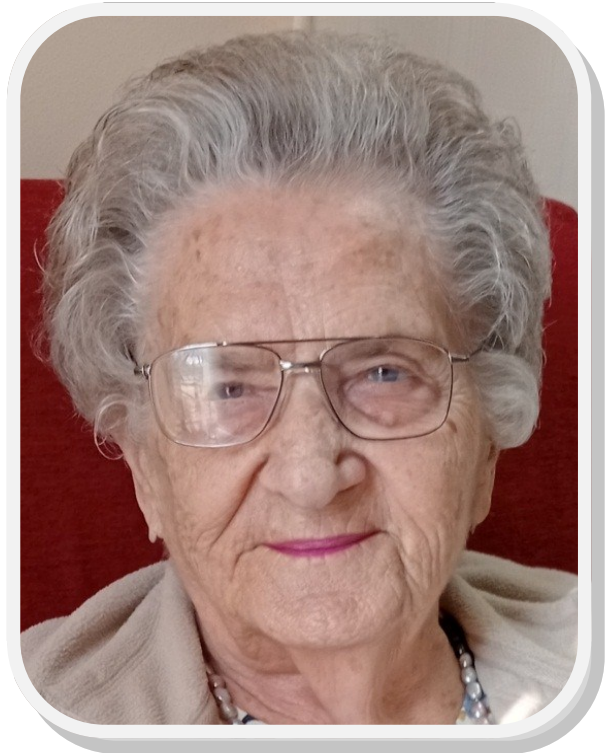


Enid is blessed with hymns by a choir of caregivers at her 92nd birthday celebration

GOLDEN OLDIE

RITA VAN TONDER

In her stylish and comfy room in Frail Care, Rita quietly passes much of the day listening to Radio Sonder Grense and avidly follows Sewende Laan and Binnelanders on TV. At going on 95, she has overcome a stroke which left one side of her body weaker than the other. When reflecting on her life, she wonders how she managed to cope with the more than her fair share of tragic premature family losses with the accompanying grief and pain, but expresses deep gratitude to her creator for enabling her to keep her faith and remain positive despite all the setbacks.



Friendly, dignified and well-groomed Rita is lavish in her praise of the staff and the care she receives, as well as for everything her family does for her.

Both her parents were of farming stock and owned a maize and livestock farm near Komga in the Eastern Cape where their eight children, four boys and four girls, grew up. They were the only Afrikaners amongst English-speaking farmers for miles around and were sometimes unkindly referred to as “Bloody Dutchmen”. Mother was a wonderful hard-working woman who brought her children up strictly but lovingly. Baking eight loaves of farm bread, besides cooking and caring for her large family was all in a day’s work and she also tended a large vegetable garden, all this with the help of four maids who were treated as part of the family. The de Kock children and those of the farm workers were friends and played together.

Rita was the seventh in the row of well-spaced children. They were a very happy bunch and, despite their age differences, got on really well and were fond of each other, not that their mother would have tolerated any fighting in any case. Rita and her younger brother rode a good few miles in all kinds of weather to the English farm school by donkey, she riding the white one called Appel and her brother the black one who shall remain nameless and which delighted in bucking until he had thrown her brother or any other rider over his head.

Golden Oldie (contd)

After completing Standard 6, the highest standard at the farm school, Rita continued her education at the Grensskool in East London, but had to leave during her Standard 8 year to earn her own living. Her father had taken ill and her parents relocated to the old Transvaal after selling the farm. Having studied commercial subjects, Rita was soon employed in various secretarial positions including a spell at the Krugersdorp magistrates' court.

While working as a twenty year old at the Krugersdorp Prison in 1948, she met Jan van Tonder, a carpenter, through a colleague who was a cousin of Jan. He invited her to the bioscope. Rita was not very impressed, being of the opinion that Jan was too young for her. He, on the other hand, afterwards told friends that he had met his future wife. It turned out he was three years Rita's senior. Not long after having met, they were engaged and tied the knot later that year.

At first they lived in Venterspos near Randfontein where their first of three daughters, Marita, was born. She was followed, after they had moved for a short period to Hillside and then to Potchefstroom, by another two daughters, Lena and Alina and, lastly, by a son, Dolf. Tragedy struck the family when their middle daughter, Lena died aged 11. Sadly, Jan then died of cancer at the young age of 43.

Rita, a young widow with a job, a home to run and her children to care for, very courageously enrolled for evening classes at the Potchefstroom Technical College to successfully complete her Matric. She held a senior secretarial position at Potchefstroom University, managing three departments besides her own, until her retirement. Subsequently she moved from her large home to a flat where she lived and was the caretaker for a number of years.

Rita's artistic elder daughter, Marita, qualified as a teacher at RAU and her younger daughter, Alina, obtained a higher education diploma. Dolf studied engineering at both PUK and TUK. His life ended tragically at the age of 31.

Sadly Marita lost her husband, Wimpie, before she herself passed away, followed by the death of their daughter, leaving only their son. Rita has three grandchildren, and four great-grandchildren, the youngest a university student.

In recent years, Rita lived for some time with Alina and son-in-law, Pieter, in Johannesburg before the family relocated to Bloemfontein about two years ago, Rita then taking up residence at Bayswater Village.

HEALTH HOEKIE

UNDERSTANDING THE AGING PROCESS

As we grow older, many changes occur within us both physically and emotionally and it can be stressful to cope with the aging process. Vitality we once had as young men and women is now gone.

Indeed, even though people generally enjoy a longer life expectancy nowadays, the aging process can be a painful fact to come to terms with. The truth, however, is that many older people are afraid of what they do not understand, which will only worsen as the years roll by.

Once you know the changes that are happening in your body as you age, you will be better prepared to deal with them.

Bones: As we advance in age, our bones reduce in size and become weaker, especially true for post-menopausal women, and can result in osteoporosis.

When this reduction of bone mass occurs, it predisposes us to dangerous falls which, in many cases, cause injuries. Healing from such injuries becomes impaired as we advance in age. This slow healing process is due to a weak immunity associated with old age.

Heart: Your heart pumps blood at a lower rate, becomes slightly enlarged, and its walls may thicken.

Brain and Nervous System: As you advance in age, you will experience changes in your reflexes and senses. You may also suffer slight memory loss.

In some cases, plaques and tangles form which can damage brain and nerve cells. These abnormalities predispose you to dementia.

Digestive System: Your metabolism and digestion slow down with age. When we get older, the digestive tract becomes firmer and rigid and does not contract normally to make food move to different processing stations in the gastrointestinal tract.

This can result in nausea, constipation, and stomach pain. Production of saliva and stomach acid also slows down. These physiological changes result in possible choking and food-borne illnesses as it becomes harder for your body to dispose of harmful bacteria.

HEALTH HOEKIE (CONTD)

Senses: You may notice that your body does not react to stimuli as strongly as it did; it takes much more energy and time to be stimulated. This translates in a reduced sense of smell, taste, touch, and vision.

The changes in taste and smell will usually lead to a decreased appetite which is detrimental to your health.

Teeth: Over the years, you become increasingly susceptible to cavities. This is because the enamel which protects your teeth from decay wears out. With old age comes a greater risk of gum disease.

The natural recession of the gums which causes your teeth to look long and shaky becomes prevalent. A lot of the time, you will have a dry mouth, which is a side effect of most of the medication for older adults but could also be caused by an insufficient water intake.

Skin: When you get older, your skin begins to wrinkle and lose its elasticity. This is particularly evident with seniors who smoke.

Stress: Stress is common among seniors and tends to stem from grief. The older we grow, the more people we lose around us and this is generally painful.

Pressure among seniors may also result from lack of purpose associated with retirement, children not being close, and the physical changes occurring in our bodies.

Malnutrition: This can be a problem and tends to be under-diagnosed since its symptoms, which include light-headedness, muscle weakness, and weight loss can easily be interpreted as symptoms of other ailments.



In the next issue of The Village Chatter, coping mechanisms and preventative measures will be explored such as:

Physical activity, exercises for the brain, dealing with emotional challenges, positive outlook and preventative measures at home.

LAUGHTER IS THE BEST MEDICINE

Hate it when I see an old person and then realize we went to high school together.

I told my wife she should embrace her mistakes... so she hugged me.

My wife says I only have two faults. I don't listen and something else....

I thought growing old would take longer.

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.

The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed.... I need bail money.

Day 12 without chocolate. Lost hearing in my left eye.

Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons.

The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

Some people call me crazy. I prefer 'happy with a twist'.

My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."

I really don't mind getting old, but my body is having a major fit.

I've reached the age where my train of thought often leaves the station without me.

RECIPE OF THE MONTH

PANCAKES

Beat together:

3 Eggs

½ C Oil

2 C Milk

1 T Vinegar

2 C Water

Add and beat well:

2 C Flour

1 t Salt

1 t Baking Powder



Thanks to Neil Armstrong for this contribution. According to him, this recipe made the most fantastic pancakes. He does not believe the dry ingredients were sifted or that the batter was made to stand for an hour as usually recommended. Your call.

WORD SEARCH



WINTER



F	P	A	M	O	T	I	U	S	W	O	N	S	Q	B	S
R	X	G	O	Y	D	S	H	O	V	E	L	Z	J	N	C
Q	T	L	B	N	K	L	W	R	S	M	A	G	O	U	F
V	G	S	R	A	P	E	N	G	U	I	N	W	Y	H	D
I	W	N	T	E	J	G	X	M	Q	S	B	R	E	O	Z
U	C	E	A	Y	T	N	D	P	I	O	H	F	K	L	R
M	S	I	Z	G	Q	A	V	B	A	T	L	X	C	I	J
Y	H	K	C	F	G	W	E	R	N	U	T	P	O	D	G
S	J	M	V	L	S	O	D	W	R	X	Q	E	H	A	N
E	N	T	G	K	E	N	B	R	S	F	M	C	N	Y	I
V	L	O	I	N	H	S	I	O	X	J	U	Q	A	S	D
O	F	I	W	P	E	E	R	S	T	O	O	B	M	C	D
L	N	X	U	B	S	Z	J	Y	P	N	I	H	W	K	E
G	I	P	E	T	A	L	O	C	O	H	C	T	O	H	L
B	S	C	A	R	F	L	D	R	E	M	Z	U	N	J	S
H	R	E	T	N	I	W	L	X	F	P	G	Y	S	O	K



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

BIRTHDAY LIST FOR AUGUST 2023

1st Enid Greenland
9th Maria Niewoudt
10th Marie du Preez
11th Beverley Swemmer
13th Toni Muhl
18th Babs Rodd

