



From the manager's Desk

March 2024

Another month has passed and here we are, preparing for Easter, a time of reflection and remembering that Jesus Christ died on the cross for our sins, a time to celebrate that because Christ rose again, we can know we have eternal life. As per the lyrics by Bill & Gloria Gaither '*Because He lives, I can face tomorrow...*', what a wonderful thought! We know that we share in Him each time we share communion, His body broken and His blood shed, for you and I, for the forgiveness of sins.



At the time of preparing this message for the Chatter, we have had no new residents here at Bayswater Village and we have had no departures either apart from Mabelia Peens (cottage E4) who is moving to another residence. We are blessed with our health, maybe not always so good, we have our ups and downs, but I am sure that the ups are more than the downs, and we are generally inclined to remember the ups better.

Please do your best to limit outdoor activities, try to stay in the shade if you are outside during the very HOT weather we are currently experiencing and stay hydrated.

An update regarding the building of an ablution facility. This was being considered, but has been put on hold for now, due to various considerations.

Crockery and cutlery are not to be removed from the dining rooms/sunroom. If you want to take any leftovers to your room, please bring your own container. Unfortunately, the items are not coming back to the kitchen. Thank you for your understanding and assistance in this matter.

**God bless and take care.
George Holmes**

CREATIVE CORNER



Craft Session with Kathryn Walker - 12 March 2024

The residents had the privilege to do flower craft and it stood out clear that it really depends on everyone's mood for the day as to how their flowers will be placed and decorated.



Craft Session: Painting on Canvas 19 March 2024

Alicia Wambach entertained the residents with fun art by letting them paint on their own canvasses.




UNDER THE SPOTLIGHT



THANK YOU

When you enter the Admin block, you are welcomed by a clean area and a friendly face which are part of Dannies Moja's responsibilities. She is also always on the lookout for our residents' safety and sometimes have to run after them for assistance. Dannies has been part of Bayswater Village for the last 3 years. She is also a mom and has two children with her husband, Harold. They are Katlego (16 years) and Chelsea (7 years). Thank you Dannies, we appreciate you..

The Man in the Glass



When you get what you want
in your struggle for self
And the world makes you King for a day
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father, your mother, your wife
Whose judgment upon you must pass
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

He's the fellow to please –
never mind all the rest
For he's with you – clear to the end
And you've passed your most
difficult, dangerous test
If the man in the glass is your friend.

You may fool the whole world
down the pathway of years
And get pats on the back as you pass
But your final reward will be
heartache and tears
If you've cheated the man in the glass.

What does your reflection look like to others?

We need to reflect on our own behaviour and take responsibility for our own actions. The man in the glass was written by Peter Dale Wimbrow Sr. May we all be able to confidently look in the glass every day and smile at the reflection. May the glass reflect behaviour that mirrors how we would want to be treated by others – with compassion, understanding, dignity and respect.





ENTERTAINMENT



Colourful, fun and full of excitement, that's what the residents enjoyed on 15 March with the Easter Egg Hunt, followed by a lovely tea with treats whilst being entertained by Johan Gunter who sang for them and shared stories.



Bingo Time

Every Monday afternoon, the residents get together in the hall playing Bingo. Lots of concentration takes place and when it falls on you, the joy and laughter cannot be contained. Neil Armstrong (Director of BWV) is kind enough to lead this event. You are welcome to join. If you do not know how, they will teach you.



Do you know your neighbours?



New residents move into the Village, but people are somewhat ashamed to approach each other or to make them feel welcome, just because you do not know each other. Brotherhood and Sisterhood makes one feel welcome and walking over, introducing yourself and reaching out to each other is so important. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

New residents who moved in the last couple of months:

- Mr Neville & Mrs Alice Furmidge (E5); Mr Hilton & Mrs Lydia Gradwell (A18)
- Mrs Kittie du Plessis (A11) & Hester Vorster (A40),
- Bets Naude (A41) & Lorraine Buschow (B55)
- Ruth Hankey (B22)

**A stranger is
just a friend
you do not know**

Have you taken the time to go and introduce yourself yet? Perhaps one should ask the question, "how alone did I feel when I had to move in here?" How hard was it for you to make new friends? Please include the newcomers at the events in the Village. Go over to their houses and rooms, ask them to join you for a cup of tea. Everybody has a story to tell and how wonderful it is to hear, "you are not alone". Perhaps they can be the friend you never had. Who knows....



An Artist in our midst Annalet Nel (A6)



It takes skill and patience, but nothing is too hard to take on for this lady. **Pergamano Traditional Parchment Craft** is an ancient artform dating back 500 years and earlier. It is the art of embellishing and decorating parchment paper through the use of techniques such as embossing, perforating, stippling, cutting and coloring. The delicate lacework and intricate perforated detail that we admire and aspire to create is indeed beautiful, and requires much skill. An ingenious system which facilitates the transfer of lineart images to parchment by means of precision etched acrylic plates. With 20 years' experience, one can see that she puts love into every card that she creates, and it takes a full day to make one card. Annalet also has experience in other art forms like diamond dotting, macrame, knitting, crochet work and more.

Ruth's German parents, the Beckers, farming folk, emigrated to South-West Africa after the Union of South Africa took over the administration in the early 1920s. Indigenous pastoral communities had been dispossessed by grazing land covering about half the territory which was not restored but allocated by the SA administration to about 3.000 White settlers and heavily subsidized. The Beckers settled on a 20.000 hectare farm at Karibib between Windhoek and Swakopmund, farming mainly with karakul sheep and Afrikaner cattle. Ruth, their first-born, arrived in 1933, followed four years later by Heidi and then by their brother, Helmut. He inherited the family farm after the death of their father and eventually sold it. Rich deposits of tourmaline semi-precious stone on the property were only then fully exploited by the new owner. Ruth and her sister, Heidi, started their schooling at Karibib and were later sent to Paarl Girls' School, a three-day train journey away and were able to return home for only two holidays a year. At the age of thirteen, Ruth's life suddenly changed course when she was bitten on the leg by a venomous snake on the farm. As the old incision and suction method didn't do the trick, she was hurriedly taken to Windhoek for treatment to find there was no anti-venom for this particular snake-bite and she became alarmingly ill. From there she was taken to Jo'burg to consult an Indian doctor with a reputation for curing snake bites. For a year she stayed with an aunt on a small-holding while regularly having injections which thankfully brought about a complete cure.

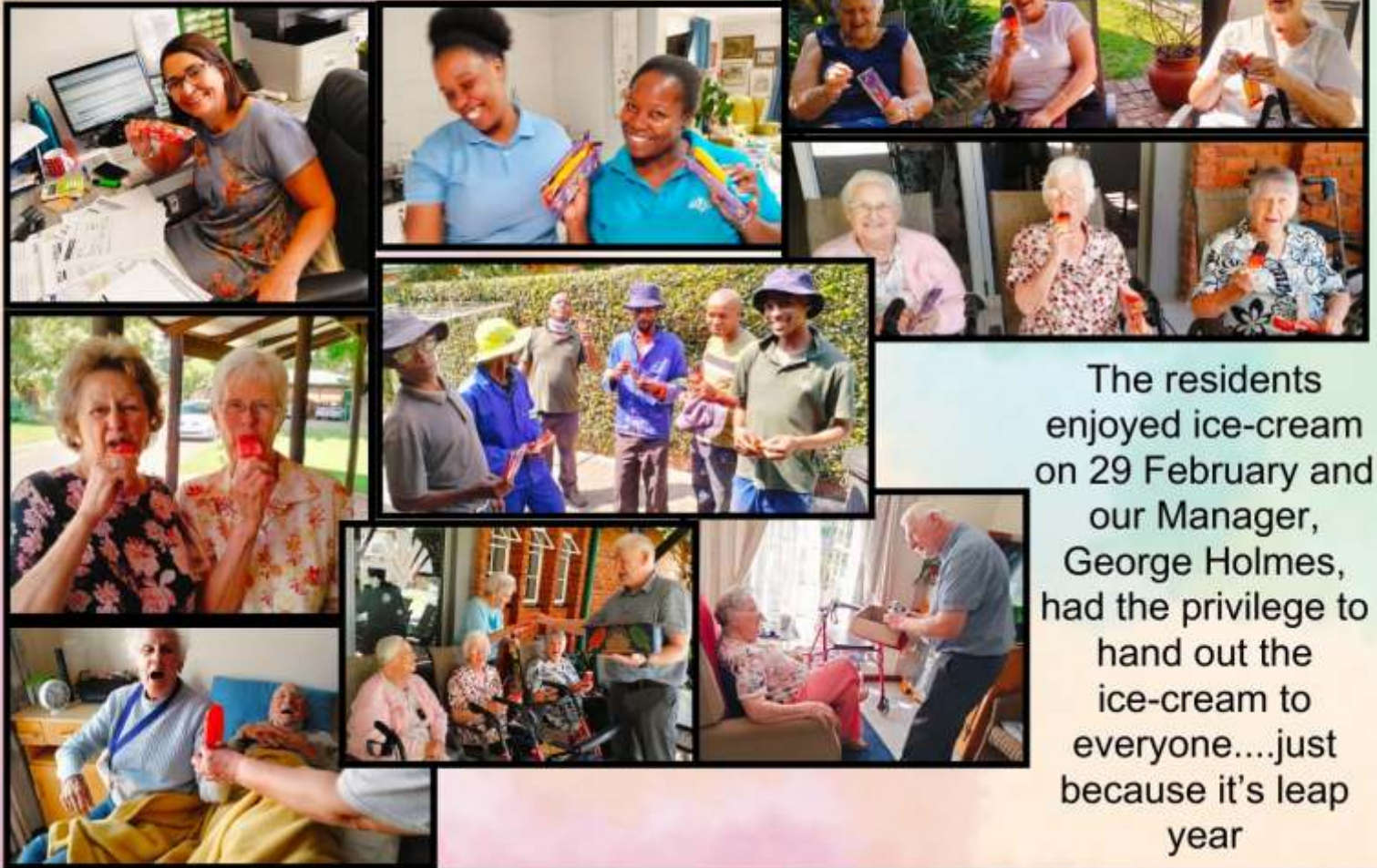
After matriculating, Ruth studied pharmacology but did not complete the course, taking up a position as receptionist in a bank in Walvis Bay where she met Charles Hankey, an accountant in the same bank. They fell in love and were married. Their first son, Trevor, was followed nine years later by a second son, Harold. The boys started their schooling in Walvis Bay but, after having lived there for twelve years, the family relocated to Pellissier in Bloemfontein because of the chest problem Harold had developed. When Charles retired, he and Ruth moved to the Strand in the Cape where they bought a lovely old house. About five years later, Charles became ill and died in 2002. After living a lonely life in their big house for about a year-and-a-half, Ruth sold and took a granny flat in Somerset West for a year or two. Impressed by what she had heard of a Seventh Day Adventist retirement village being built in Pretoria, she relocated there for twelve happy years there. Harold and his young family had emigrated to Australia. Her elder son, Trevor, a mechanical engineer, and his wife were living in George. To be close to them, Ruth moved to the Blue Mountain Retirement Village in George. Although extremely happy there, she made the decision to return to Bloemfontein for health reasons after only eighteen months. As BWV was highly, this is where she came to live and is chuffed that she has not coughed once since her arrival.

Trevor's three children are all married and between them have given Ruth four great-grandchildren. She has another two granddaughters in Australia, one still at school and the other studying for a nursing degree. At 91, despite having suffered a mild stroke about four years ago, Ruth's memory is excellent and she loves nothing better than to share her reminiscences. She remains fit and agile, enjoys spending time in the company of other residents and sitting outside, but equally values reading a good book in quiet solitude.

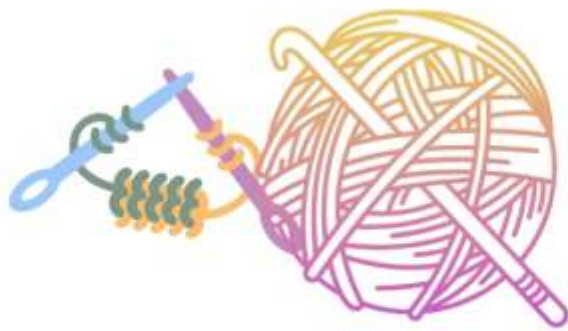
--Sheila Addison



Leap Year Ice-Cream



The residents enjoyed ice-cream on 29 February and our Manager, George Holmes, had the privilege to hand out the ice-cream to everyone....just because it's leap year



Purl of Wisdom

Once a month, Delva Pelsler hosts a knitting and crocheting session for interested residents on Saturday mornings starting at 09:45. Delva generously provides delightful refreshments for the attendees, fostering a warm and enjoyable atmosphere for all. We extend our gratitude to Delva for her willingness to organize and facilitate these gatherings.

Furthermore, Delva has generously contributed a beautifully crafted crocheted blanket as one of the prizes for the upcoming Lucky Draw scheduled for May 4th during the Sunshine Fair.

Residents are encouraged to participate in these sessions, known as "Purl of Wisdom," at no additional cost. Please refer to the Calendar for future dates of Delva's sessions.



On Tuesday, 19 March, the residents in the frail area got spoiled by Eltia from Avbob with a pocket hug and sweets. What a lovely gesture to reach out and give love and attention.



Remember the old saying

People won't remember what you did, but they will always remember how you made them feel.

Smile, say hello, be helpful, listen, and make sure you are clear on the other person's expectations. Be realistic but flexible.

Have a can do attitude and ensure that you have all the information you need to market the village at any given time.

Riddle:

If you have 3, you have 3.
If you have 2, you have 1
If you have 1, you've got none.
What do you have?

Answer: A Choice



Some of our residents went on a trip to watch "The Sound of Music" on-stage at MonteCasino with Kosmos Tours 23 & 24 February 2024

Mari Dienar, Angele Oelshig, Verna Chad and Cheryl Lowe



About 30 percent of adults over age 65 have some age-related hearing loss, commonly caused by either a change in the nerves or structure of the ear, or an outside factor like long-term exposure to loud noises, medical conditions or drug side effects.

Hearing loss usually progresses gradually, and might not be noticeable at first. Common signs which may develop over time are difficulty hearing TV, radio or phone, high-pitched sounds or understanding words or conversations over background noise, finding some sounds to be too loud, or hearing ringing in one or both ears (tinnitus). Others have to repeat what they say (often to their irritation), and it is sometimes difficult to understand them if not looking at their faces. Everyday sounds like the twittering of birds, footsteps or the clock ticking are gone.

UNTREATED HEARING LOSS, depending on the severity, leads to:

- Social Isolation
- Less stimulation of the brain
- Accelerated mental decline
- Trouble with remembering and problem-solving
- Higher risk of dementia
- Risk of falling - as the ears pick up subtle cues that help with balance, hearing loss mutes these important signals



TREATED HEARING LOSS improves:

- Communication skills
- Social interaction
- Brain fitness



For a timely diagnosis and treatment, report any hearing loss symptoms as soon as possible. A hearing test can be arranged with a centre such as Deon Ceronio Hearing Centre, Ear Institute, Kind2Hearing & Van Rensburg Hearing Aid Centre.

Many medical aids cover the cost of a hearing test. Should hearing aids be necessary, many medical aid options will partially or fully cover the cost. In cases of having little or no cover and limited funds, hearing centres will go out of their way to supply hearing aids to suit the pocket, especially for pensioners and those on SASSA grants.

Meet Alicia Wambach

We are thrilled to introduce and extend a warm welcome to our newest team member, Alicia Wambach, who has taken on the role of receptionist and PR representative, succeeding Elmarie. As you enter the office area, you will be greeted with a warm smile and an abundance of enthusiasm from Alicia.



Alicia is a graduate of JF High School and is the eldest among her four sisters - Claudia, Nadia, and Charlotte. Hailing from a family of cattle and sheep farmers along the Jagersfontein road, Alicia brings with her a background in marketing and art. She holds a strong belief in utilizing creativity as a tool to empower individuals of all ages, fostering personal growth and development. Alicia humorously shares that she finds joy in transforming discarded items into treasures, showcasing her innovative and resourceful nature.

To help her settle in quickly and feel comfortable, we encourage you to reach out and introduce yourselves. Share your knowledge, experiences, and offer any assistance she might need during her induction process. Small gestures goes a long way in making new colleagues feel at home.

GEDAGTE VIR DIE DAG

Rykdom

Ja die liedjie sê, “ek sal kan doen met ‘n miljoen!” Daar is so baie aardse verloklikhede wat ons wil hê - eers ‘n mooi pop of karretjie, draadkar wat ons self wil bou, dan ‘n fiets of née, ‘n motorfiets, want die buurman se kind het een, maar daar is nie geld nie. Wow! kyk daardie ou by die universiteit se nuwe mooi motor wat sy pa vir hom gegee het en ek moet maar met my fiets klaarkom want daar is nie geld nie. Ag nee, die eerste rugbyspan se kaptein kry die mooiste meisie op wie ek ‘n ogie het, maar ek wou haar nie vra nie omdat daar nie geld is om haar te bederf nie. Dit word al swaarder in my gemoed, want ek het nie geld nie.

Die mens wil graag rykdom aan geld koppel. Maar dit is so vêr van die waarheid af as wat kan kom. Geld het ‘n mens nodig om ‘n bestaan te voer, maar rykdom kom van binne. Wanneer ons rondom ons kyk, sien ons ‘n boom met groen blare wat in die lug rondswaai, ‘n swaeltjie wat in die lug sweef, duik en voed van die goggatjies wat hy vang; ‘n vars uitgewaste aarde met duinnende grasvlaktes, berge met klowe en watervalletjies, fonteine, pragtige blomme wat vanuit niks uitkom en groei. ‘n Klein saadjie wat in die vrou geplant is wat bevrug word en GOD gee lewe daaraan. Die wesentjie ontwikkel, word groter en dan kom die geboorte van ‘n kind. Dit is dan wanneer ‘n mens nederig voor GOD staan en besef wat is rykdom. Dit wat ons onverdiend en gratis uit SY hand ontvang, DIT is rykdom.

Louter net SY genade.

Seënwense
--Nick Kotze





The Village



Remember to come and watch a nice movie on a Friday afternoon at 14:00 in the Hall. Popcorn and Chips included.

In the Village

Often the residents forget, but the rule in the Village is that **all** residents are allowed to sit anywhere in the Village at any given time. Residents from the Frail area are welcome to sit under the front lapa when they wish to do so and also to drink tea in the Big Tea Room. Just the same, the other residents are welcome to make use of the Semi-Frail Tea Room. Regardless of one's residence location, all residents are encouraged to engage and socialize with fellow residents across the Village community.

Let's be thoughtful and kind towards each other. The Village is open to all the residents.

Squirrel Time

10:00 & 15:00 is Tea Time in the Big Tea room



We need people to buy tickets in support of the Sunshine Fair Lucky Draw. Tickets cost R20 each. ...R19000 worth of prizes to be won. Ask your family and friends to also buy tickets. Ask Alicia for info.



You know you're getting old when everything hurts And what doesn't hurt doesn't work

Retirement is waking up in the morning with nothing to do and by bedtime having done only half of it.



© quotes.snydle.com

Things You Don't Know About Vitamins

Here is the inside scoop behind vitamins and what you may not know

- Take vitamins A, D, E, and K with fat so you can absorb them. These are four fat-soluble vitamins that can only be absorbed when in the presence of fat.
- Do not combine daily vitamin E and fish oil. Both of these are blood thinners and can make you bruise or bleed more easily.
- Don't take your vitamins on an empty stomach. Taking vitamins on an empty stomach can cause nausea.
- Pair vitamin C with iron - When it comes to iron, your body can absorb it much more easily if it's consumed with vitamin C so eat a citrus fruit, red pepper, or other high vitamin C food.
- Calcium will compete with iron for absorption. Calcium blocks iron from entering the cell. Take calcium and iron supplements at different times during the day.
- Calcium absorption is best when a person consumes no more than 500 mg at one time. So, if you take 1,000 mg/ day of calcium from supplements, you should split the dose instead of taking it all at once.”
- Anyone who has had a significant injury or surgery should take extra vitamin C until the skin heals. Consult with your doctor to determine the best dosage for you, but large doses of vitamin C will simply come out in your urine.
- Vitamin K is a critical factor in blood clotting. If you are on some types of anticoagulants [meds that help prevent blood clots], the amount of Vitamin K in the body needs to be maintained at a constant level to avoid either over- or under anticoagulation. Therefore, if your doctor has prescribed an anticoagulant, you should have a conversation about whether you are on type that is affected by the vitamin K level, take a multivitamin or another vitamin or mineral supplement regularly.



BWV Snoepie

Mondays - Fridays 10:00 -10:30

To run a small business inside an even bigger business is never easy, but with helping hands and support from all the residents, this corner is run very effectively by our own **Gwyneth (Gwyn) van Rooyen**.

We say thank you to Gwyn who are always willing to walk the extra mile and provide the residents with necessities like washing powder, toothpaste, toilet rolls, cold drinks, sweets, biscuits and so much more.

Gwyn, you are an amazing person, shopping on our behalve, not taking any additional amount of money for your hard work. Besides running the snoepie, we also acknowledges that you are always willing to assist at all the functions and events, even when you help us cut out hundreds of small bunny pictures for the Easter Egg event. No job too big or too small for you. We really do appreciate your efforts.

*Thank you for
going above
& beyond.*

kindness
MATTERS



BWV Library

Reading books may have several physical and mental benefits. These include strengthening your brain, increasing your ability to empathize, reducing stress, and building your vocabulary, among others.

Reading books benefits both your physical and mental health, and those benefits can last a lifetime.

We are so fortunate in the Village to have our own Library and we would like to thank **Ina Cronje** who's always willing to run this for the residents, putting extra love and care into what she does. Ensuring that the books are neat and tidy, as well as marked and packed away, is a great job and without your knowledge, we would not have been able to enjoy these books.

The variety of reading amazes the readers and keep them coming back for more.

Thank you....we do appreciate you.

MUCH
appreciated

Take note

HAPPY BIRTHDAY

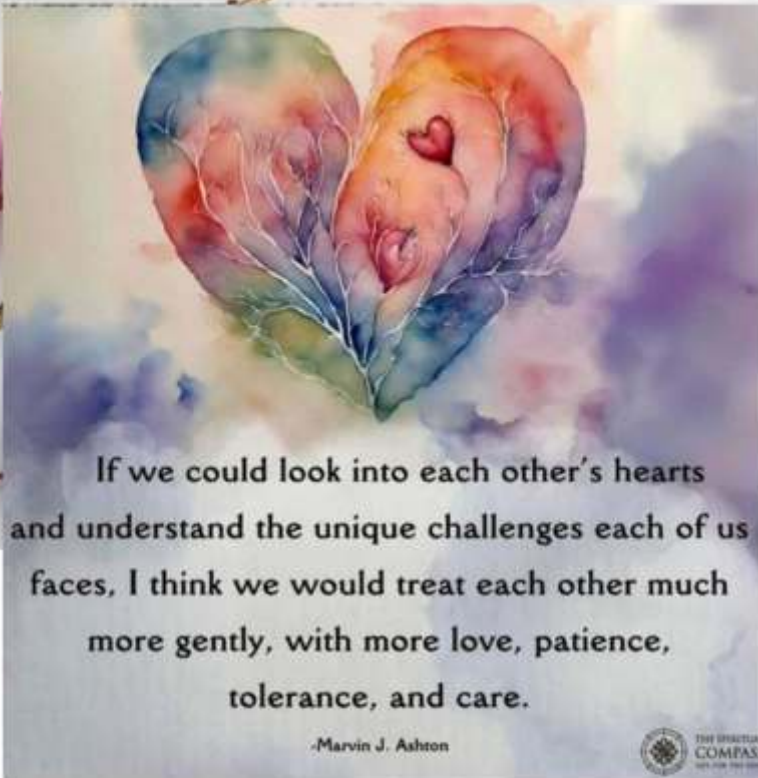
April

9 Mari Davel
14 Elmarie Robberts
25 Annalet Nel
25 Mortimer Greenland
25 Deryck Holmes

IMPORTANT DATES IN APRIL

Save
THE
Date

5th: Hamburger Braai
12th: Coffee Talk presentation
by Hospice:
"How to approach it differently"
19th: Coffee Talk presentation
by Sanet Strydom:
"Am I there yet?"



Tom Rogers will be starting a new "**Champions**" group for all the **men** in the Village. Starting on **10 April at 10:00**, we invite all the men in the village to come and drink coffee with Tom. Get together and discuss MANLY matters. Depending on the weather, you can join under the tree next to the big lapa. His number is 0761416799



Tom Rogers is also meeting with the residents on a weekly basis at 10:00 on a Thursday morning in the Frail Lounge Room for all to join to read and discuss things from the Bible. In a relaxed atmosphere, come and learn more about The Word of God.

Whatever type of loss you've suffered, there's no right or wrong way to grieve.

Coping with grief and loss

Grief is a natural response to loss. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, even moving from one place to another.

Even subtle losses in life can trigger a sense of grief. Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. Whatever the cause of your grief, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life. Whether it's a close friend, spouse, partner, parent, child, or other relative, few things are as painful as losing someone you love. After such a significant loss, life may never seem quite the same again. But in time, you can ease your sorrow, start to look to the future, and eventually come to terms with your loss. Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you. Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no “normal” timetable for grieving. While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces and move on with your life. Just remember that almost anything that you experience in the early stages of grief is normal—including feeling like you're going crazy, feeling like you're in a bad dream, or questioning your religious or spiritual beliefs. If you're experiencing complicated grief and the pain from your loss remains unresolved, it's important to reach out for support and take the steps that will enable you to heal. When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this.



Gardening at BWV



Working outdoors in the sun can be quite challenging. However, maintaining the vibrancy and beauty of our gardens and plants remains a top priority within the Village community.



We extend our sincerest appreciation to **Dean and Aneen Maskell**, along with the **dedicated garden staff**, for generously volunteering their time and energy to paint and arrange the pots in the Frail Garden section. Their efforts have truly enhanced the aesthetic appeal of this area, and it is now a delightful sight to behold.

