

OLIVEDALE

RETIREMENT VILLAGE · AFTREE-OORD

HEALTH & WELLBEING NEWSLETTER: SEPTEMBER 2016

MEDICAL AND SECURITY EMERGENCIES:

Please contact the Frail Care Centre Reception Desk (Ext 5011), or at their office (Ext 5010), as well as the Security Division at Ext 5400 or 2005) for assistance and so that the situation may be assessed and handled. Please note – Sister Cynthia, Internal Ext. 5495 (our Village Nurse) is also to be contacted or advised.

Kindly ensure that your completed Medical Form is up to date and hung up behind your bedroom door. Blank forms and wallets may be obtained from the Reception Desk.

Note that a spare set of front door keys to your apartment/house must be handed in at Frail Care for emergencies. These are kept under lock and key.

For dire emergencies press your panic button – Please make sure that the Panic Button is always within reach. We also suggest that you test it to see that the battery is in working order (warn Security and Frail Care before you test it!)

TALKS IN THE HALL

Some interesting Health & Wellbeing talks to diarise:

- | | |
|-------------------------------------|---|
| Monday 12 September @ 14:00: | “Over the Moon! A Guide to Positive Ageing!” – Dr Hannelie van Zyl-Edeling talks about her book. Books will be available at R200.00 |
| Monday 10 October @ 14:00: | Strokes – Prevention & Treatment. Talk by Refilwe Tshabalala |
| Monday, 14 November @ 14:00: | Dementia/Alzheimer’s: Sr Sue Cunningham of Flower Foundation |

Please note – there is a R10.00 entrance fee which covers refreshments.

RESIDENTS’ DETAILS/ACCESS TO WI-FI:

Please complete the list at Reception as many details of residents are missing. This will enable SMSs to be sent regarding imminent water- or power cuts etc. Also, there is a column to be completed where it is asked whether you would like to have access to Wi-Fi in the Service Centre for a small monthly password fee. This is for those who do not have Wi-Fi access in their units or rooms for laptops, electronic tablets, cell phones etc., and additionally - during power-failures - for those of us who DO have WiFi but still need to use the service when we have no power! This is because the Service Centre has generator. Your co-operation would be appreciated.

HOME CARE

Information on home care services:

- Hart Home Care:** A personalised nursing and home care service. This service has a practice number (0636614) and comes recommended, specialising in nursing and care packages, palliative care, wound care, post-operative care, companionship, meals, and family and general home assistance. Kindly contact Margie at 079 052 7938. Email at admin@harthomecare.com. The web address is www.harthomecare.com.
- Caregivers Gauteng (Pty) Ltd:** Provides Caregiver and Auxiliary Nursing Services, a Chauffeur service etc. Practice number 088 000 0619876. Company Reg. No. 2015/330235/07. (Registered Nurse: Ms T Mcwango). For details of services offered and rates: Tel No 010 235 0016, Cell No 081 528 4211, email address info@caregiversgauteng.co.za
- AllCare Frail Care Services have advised that they will let us have a list of the services offered by them. Once we have received this, we will publish it in our Newsletter.

4. **Caregiver:** A Caregiver with previous experience in Olivedale Retirement Village is looking for a position. Kindly contact:
Ntombikhona **Happiness** Ndaba,
14 years' experience
ID 7210270801085
Cell No 083 957 3032

AVAILABILITY OF PALLIATIVE CARE DOCTOR

Dr Sue Walker, a registered Palliative Care Doctor, who also works at Douglasdale Retirement Village, is available for daily visits, checks and certain medication administration. As she has a Practice Number, patients are advised to perform a prior check with their Medical Aids whether costs for her services may be claimed back. Her telephone number is 083 3636056

OTHER SERVICES

Jill Knott - Social Worker. Cell No 079 510 0028. She also has a practice number, so one can claim from one's Medical Aid for her services (Check with the Medical Aid first).

Wits Hospice, based in Houghton, Johannesburg: Tel. No 011 483 9100 during business hours (08h00 till 16h00).

MOBILITY SCOOTER FOR SALE:



Almost brand new, 3-wheel mobility medical scooter that folds into a car boot for sale for R14500,00 negotiable.

Length: 1 000 mm
Width: 510 mm
Height: 905 mm
Weight: 37 kg (with battery)
Weight Capacity: 115 kg
Ground Clearance: 30 mm
Brake: Electro-mechanical
Seat Type: Padded foldable
Seat, width: 425 mm
Motor Size: 250 W, 4 700 rpm
Battery: 12 V
Battery Charger: 1.8 A off-board
Travel Range: 10 km
Electronics: on/off key switch, battery level indicator, speed control knob.
Purchased in December 2015; owner has been bedridden since May so barely used.

Contact Ursula on 083 440 1139

HAIRDRESSING SERVICES

For those who are unable to get to the Hairdressing Salon, Megan has kindly offered her services to come to one's home on Mondays. Please phone Ext. 5496 to book.

TELEPHONE LISTS

These are available **electronically**. Ask the folk at the Reception Desk to email one to you. A hard (paper) copy is also available from the Reception Desk for a small fee to cover the cost of paper and ink!

DELIVERIES OF MEDICATION AND GROCERIES

Certain businesses have a free delivery service available. Please note – this is a Cash on Delivery (COD) service for goods ordered, and the money for payment of the goods delivered is to be available at the time of the delivery:

Groceries:

All Saints' Spar, Windsor Road, Olivedale: Tel: 011 4625330

Pharmacies:

Dis-Chem, Northgate: Tel: 011 794 9433, Fax: 011 794 9434

Pharmacy at Spar, Northwold Junction
Cnr Drysdale and Elnita Streets
Northwold

Tel: 011 792 5486, Fax: 011 792 5500
Email: northwold@sparpharmacy.com

It is suggested that for delivery of prescription medication, one discusses this with the pharmacist beforehand, as the prescription needs to be forwarded first.

TAXIS

Rob Louw Shuttle – will do airport etc. Very reasonable.
072 803 9900

GOOD REASONS TO TAKE EXERCISE OUTDOORS (Extract from The Star, September 1, 2016)

All exercise is good for us, but doing it outdoors has additional benefits:

- The British National Health Service suggests that we should be taking supplements of Vitamin D, crucial for bone health. However, 20 minutes in the sun per day gives the recommended dose. (However, do take care and use sunscreen!)
- Exercising in a natural environment such as a park or forest is twice as good for mental health as a trip to the gym. Greenery apparently lowers stress levels, potentially due to fresh air and increased oxygen helping to release the feel-good brain chemical, serotonin.
- Outdoor exercise has been associated with increased energy and revitalisation, as well as decreased levels of anger!
- An outdoor routine will increase your workload, due to the uneven ground, inclines, wind resistance and temperature.
- Exposure to trees and plants can improve your immune system.
- A walk outside can boost one's ability to concentrate and come up with creative solutions to problems.
- It improves one's self-esteem, making one feel better about oneself.
- It increases one's body awareness. Walking over uneven surfaces, such as cobblestones, improves balance over the age of 60

How's that for motivation to get walking!

NEWSLETTER

Should you have anything on your mind regarding Health and Well-being, please let us know. See next page for "Olive's Activities". All these activities are held in the Village, except the Aqua Aerobics and Bus trips to the shops.

Yours in good health

Lesley, H & WB Committee Members and Volunteers

OLIVE'S ACTIVITIES

DAY	ACTIVITIES	DETAILS	TIME
MONDAY	Bus to Olivedale Spar	R10.00. Bus tickets available at reception. Please book early.	10:00 – 11:00
	Aqua Aerobics	Lesley Fox, Tel. (010 596) 5043	11:00 – 12:00
	Walking	Lionel Smith, Tel. (010 596) 5101	16:00
TUESDAY	S A S F A Exercises	Cheryl Wood, Tel 072 333 9865 or 011 326 0214	10:00 – 11:00
	Rummy	Gail Rickson, Tel. (010 596) 5173	10:00 – 11:00
	Scrabble	Margie Hutchison, Tel (010 596) 5197	14:00
	U3A Dancing	Bill Reynard, Tel. 083 301 6520	17:00
WEDNESDAY	Bus to Northgate	R10.00. Bus tickets available at reception. Please book early.	09:00 – 12:00
	Aqua Aerobics	Lesley Fox, Tel. (010 596) 5043	11:00 – 12:00
	Walking	Lionel Smith, Tel. (010 596) 5101	16:00
	Bingo	Derek Saunderson, Tel. (010 596) 5091. R5.00 per ticket	17:30
THURSDAY	Bible Study	Lionel Smith, Tel. (010 596) 5101	10:00 – 11:00
	Rummy Cub	Marie van Staden, Tel. (010 596) 5248	10:00 – 12:00
	Art & Crafts	Norma Acutt, Tel. (010 596) 5107	14:00
	Bridge	Val Pearse, Tel. (010 596) 5144	14:00
	Sing Along Music		17:00
FRIDAY	S A S F A Exercises	Cheryl Wood, Tel 072 333 9865 or 011 326 0214	10:00 – 11:00
	Aqua Aerobics	Lesley Fox, Tel. (010 596) 5043	11:00 – 12:00
	Walking	Lionel Smith, Tel. (010 596) 5101	16:00
	Movie Night	Norma Acutt, Tel. (010 596) 5107	18:00
SATURDAY	Rugby	Malcolm Fox, Tel. (010 596) 5043	To confirm

Sunday Church Services are also held – please enquire at Reception for times and venues.