



The Olive Branch

Reaching out to everyone

June 2023

Issue 16 2023

FROM THE EDITOR'S DESK...

Dear Friends

Oops! So, you noticed that the gremlins were rather active in our May edition. This was due to my rushing off to hospital, and having to send Olive Branch to the printers without the final draft having been proof-read.

Things being back to normal, this month we have some interesting village news and articles for you. Royalist or not, we couldn't but be in

awe of the dazzling splendour of the Coronation of King Charles III. Such glitz and glamour, such military precision! We've included some interesting facts about the coronation chair, which you might enjoy. Plus, with the winter solstice upon us, we couldn't let this go unnoticed.

Most important, there is a significant change in the structure of our committees, in that two of these are now combined, which also has an impact on the Social Committee.

You'll find all the relevant information in the article below.

We once again appeal to readers, English and Afrikaans alike, to submit articles or snippets of interest for inclusion in our newsletter. We really need and appreciate your support.

So, it's June, it's winter, and it's cold! Time to cuddle up in your winter woollies and stay warm.

Till next month, take care

Angie Moir

THE HEALTH AND WELLBEING GROUP

The Health and Wellbeing Group consists of the following: the Health Care Committee and Monitors, the Social Committee and Frail Care facility including the Frail Care Residents' Committee.

Health Care Committee

The Health Care committee consists of the Director, General Manager, Chairperson/Secretary, Matron/Nursing Service Manager, Village Sister, Minister of Religion, Committee members and 3 Monitor Section representatives.

This committee encompasses the management of all "health care" matters of the village.

Sr Visagie is our resident village Sister and is available for all medical requirements. She is included in the assessments of new and existing residents.

We also have the additional guidance of a part-time social worker who is available for consultation should any resident need her. She also facilitates a residents' support group where spouses who are also carers

can get together to discuss problems and share information. Should any resident wish to join this group, please contact Matron Petro at frail care.

The 33 monitors are all volunteers and oversee the apartments and houses. Monitors are allocated a section of the village and will pay a visit to new residents as soon as they have moved in to welcome them, providing any additional knowledge and advice. Thereafter a monitor will keep in touch with the residents when and if the need arises. Should anyone be interested in joining this group as a monitor, please contact the Chairperson.

There is also a group which does hospital visits (if permitted and on request).

Health specialists are invited by the committee to give talks on a number of health issues to the residents.

Social Committee

The Social Committee consists of a Chairperson, Secretary, Treasurer and 9 members. This is the "fun" branch of the group, providing the social aspect for the village. They arrange quizzes, music evenings, visiting artists, birthday teas etc.

They also cater for "special occasions" and on request from the family cater for memorial services.

The library is run on an "honesty" basis by the Social Committee assisted by volunteer residents.

If you would like to join this group, please contact the Chairperson.

Frail Care/Resident's Committee

The Frail Care facility is run by Unique Health. The Frail Care Residents' Committee is chaired by Rev Trevor Slade, and consists of a representative from Unique Health, the Matron/Nursing Service Manager, General Manager and members of the patients' families.

This facility is headed by Matron and a full complement of nursing staff. This facility can also provide carers or nursing staff to assist residents as well as other health care professionals, if and when the need arises.

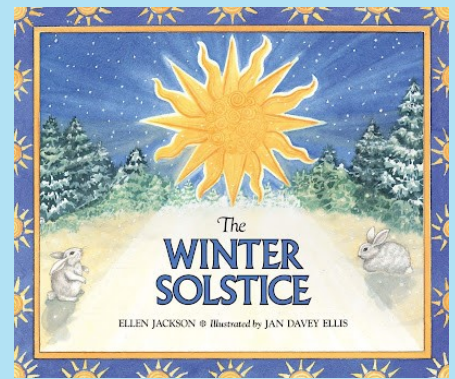
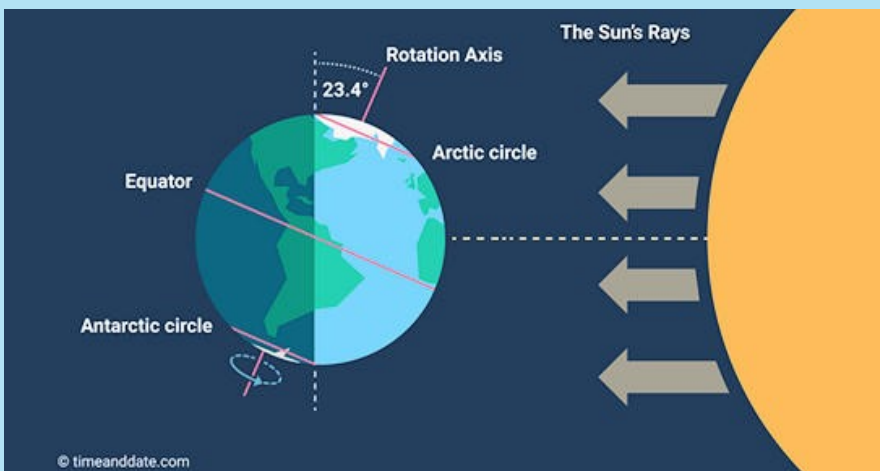
THE WINTER SOLSTICE

Submitted by a Resident

This year the winter solstice in South Africa will fall on June 21. As I was born on this date, I have been aware of the significance of the solstice from a very young age. This mainly because of my brother who, as brothers are wont to do, teased me mercilessly on my birthday, telling me that I would be missing out on a proper

celebration as June 21 was the shortest day of the year. The two of us still have a good laugh about it today, except of course, now the joke is on him because as one gets older, what could be nicer on a cold winter's night than to cuddle up under a duvet that little bit earlier! The winter solstice, also called hibernal solstice, signifies the two moments during the year when the path of the sun in the

sky is farthest south in the Northern Hemisphere (December 21 or 22) and farthest north in the Southern Hemisphere (June 20 or 21). At the winter solstice the sun travels the shortest path through the sky, and that day therefore has the least daylight and the longest night.



Earth's orbit around the Sun

When the winter solstice happens in the Northern Hemisphere, the North is tilted about 23.4° (23°27') away from the sun. Because the sun's rays are shifted southward from the Equator by the same amount, the vertical noon rays are directly overhead at the Tropic of Capricorn (23°27' S). Six months later the South Pole is inclined about 23.4° away from the sun. On

this day of the winter solstice in the Southern Hemisphere, the sun's vertical overhead rays progress to their northernmost position, the Tropic of Cancer (23°27' N).

Reference (amended)

<https://cdn.britannica.com/39>

The Tropic of Capricorn is a line of latitude passing through Mozambique, South Africa, Botswana and Namibia. One of the most

famous crossings of this line lies north of Mobani rest-camp in the Kruger National Park.



THE CORONATION CHAIR

Submitted by Marie Severin

While watching the Coronation of King Charles III, I was fascinated by the Coronation Chair that has survived so many centuries, and its historic background. Made of wood, the chair is used when British monarchs are crowned. The chair was made in 1300–01 at the request of Edward I and was intended to enclose the Stone of Scone (also called the Stone of Destiny), a block of sandstone that is a symbol of Scottish sovereignty. In 1296 Edward had taken the stone to England so that it could be used in future coronations to symbolise that the monarch reigned over both England and Scotland. The British government returned the Stone of Scone to Scotland in 1996, under the condition that it would still be used in future coronations.

The chair was featured in the 1308 coronation of Edward II. However, it is unclear if the Coronation Chair was part of the actual crowning, but it is known that in 1399 Henry IV was crowned while sitting in the chair. Since then, almost every British monarch has sat on the chair during the investiture portion of the ceremony. This is when the king or queen receives the regalia and is crowned. When not being used in coronations, the chair is on display at St. George's Chapel.

KILROY WAS HERE!

Reading about the P. Abbott graffiti that was carved into the coronation chair seat, made me wonder whether P. Abbott had any idea that his carving would still be talked about centuries later! This reminded me of another famous piece of graffiti, namely that of Kilroy.

'Kilroy was here' is a meme that became popular during World War II, typically seen in graffiti. Its origin is debated, but the phrase and the distinctive accompanying doodle became associated with GIs in the 1940s: a bald-headed man (sometimes depicted as having a few hairs) with a prominent nose peeking over a wall with his fingers clutching the wall.

"Mr Chad" or just "Chad" was the version that became popular in the United Kingdom. The character of Chad may have been derived from a British

Some Interesting Facts

The high-backed chair is made of oak and stands 2.05 metres tall. It is decorated with gold-gilt animals and foliage, and the back features an image of either Edward the Confessor or Edward I. Later alterations included the addition of four gilt lions around the chair's base. The Stone of Scone is placed under the seat and was originally enclosed by decorative wooden panels. However, those were later removed. The stone originally served as the chair's seat, with the monarch sitting on a cushion placed on top of the sandstone block. However, a wooden seat was eventually added to the chair.

Despite its importance, the Coronation Chair was not well guarded in the 18th and 19th centuries. During this time, visits by schoolchildren and others left it defaced with graffiti. One notable example is "P. Abbott slept in this chair 5–6 July 1800", which was carved into the chair's seat.

In 1914 the chair suffered minor damage when a bomb exploded under the seat. Militant suffragettes were believed to be behind the blast.

During World War II the chair was removed from Westminster Abbey and taken to Gloucester Cathedral. The

cartoonist in 1938, possibly pre-dating 'Kilroy was here'. According to one source, "Some time during the war, Chad and Kilroy met, and in the spirit of Allied unity merged, with the British drawing appearing over the American phrase".

The phrase may have originated through United States servicemen who would draw the picture and the text "Kilroy was here" on the walls and other places where they were stationed, encamped, or visited.

According to one story, German intelligence found the phrase on captured American equipment. This led Adolf Hitler to believe that Kilroy could be the name or codename of a high-level Allied spy. At the time of the Potsdam Conference in 1945, it was rumoured that Stalin found "Kilroy was here" written in the VIP bathroom, prompting him to ask his aides who

Stone of Scone was buried on the grounds of the abbey. The chair was also damaged in 1950 when Scottish nationalists broke the wooden panels at the bottom in order to take the stone, which was recovered several months later.

The only monarch not to be crowned while sitting in the Coronation Chair is Mary II. She and her husband, William III, were joint sovereigns, and during the ceremony he used the Coronation Chair, while Mary sat on a replica.



Reference (amended):

<https://www.britannica.com/topic/Coronation-Chair>

Kilroy was. War photographer Robert Capa noted a use of the phrase at Bastogne during the Battle of the Bulge in December 1944: "On the black, charred walls of an abandoned barn, scrawled in white chalk, was the legend of Gen. Anthony McAuliffe's soldiers:



Engraving of Kilroy on the National World War II Memorial in Washington, D.C.

Reference (amended)

DAM BUSTERS PART 2

The Dam Busters Raid.

The decision to bomb the three strategic dams in Germany had been taken years earlier by the British War Office. After the development of the bouncing bomb, training of certain RAF crews began. It was found that the bombs had to be dropped from a height of 18 metres and at a speed of 145 kmh. In late March 1943 a new squadron was formed to carry out the raids on the dams. Initially codenamed Squadron X, 617 squadron was led by 24-year old Wing Commander Guy Gibson, and made up of aircrew from Britain, Canada, New Zealand, Australia and the USA. Only Gibson knew the full details of the operation when training began in low level night flying and navigation. The three main targets were the Mohne, Eder and Sorpe dams.

There were tree covered hills all around, plus the aircraft would be exposed on the immediate approach. Each dam had its own difficulties which were gradually overcome as best as could be decided without actually being at the site of the dams.

Lancaster bombers had to be specially modified to carry the bombs. The raid began in darkness on 16 May, 1943. 133 aircrew in 19 Lancasters took off in three waves to bomb the dams. Gibson was flying in the first wave and his aircraft was first to attack the Mohne dam, but five aircraft had to drop their bombs before the dam wall was breached. The remaining aircraft then attacked the other two dams. The Eder dam collapsed but the Sorpe dam remained intact.

Of the 133 aircrew that took part, 53 were killed and three became prisoners of war. On the ground, 1,300 people were killed in the resulting flooding. Although impact on industrial production was limited, the raid gave the people of Britain a significant morale boost.

Was it all worth the effort? Was it worth the loss of life of the aircrew and civilians on the ground? That is a question that is hard to answer, but it seems mankind will never learn from history. Wars continue until today, and the loss of lives and destruction of countries are astronomical. This calls to mind the song about the futility of war, "Where have all the flowers gone?".



RECIPE

Granadilla Pudding.

I started collecting recipes when I was 12. This is the first recipe in the book and I still love it. It is absolutely delicious. I usually double it as there are always requests for seconds.

Ingredients:

150 ml sugar

15 ml (one tablespoon) butter

30 ml flour

Pinch salt

250 ml milk

2 eggs, separated

Pulp of 6 to 8 granadillas.

(Tinned is not good in this recipe)

Method

Beat together sugar and butter. When thoroughly creamed, add flour. Then add egg yolks and the granadillas.

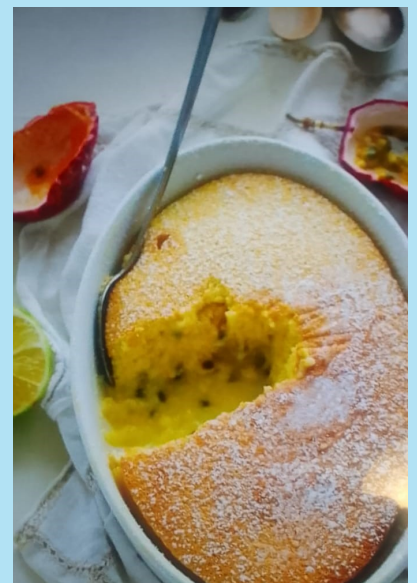
Slowly add milk. Beat whites of egg stiffly and fold into mixture. Pour into a buttered baking dish and place in a bain marie (a dish of hot water). Bake at 180 degrees for 25 to 30 minutes.

If doubling the mixture, bake longer.

A sponge forms at the top with a custard below.

Serve with whipped cream or custard.

Serves four.



Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUND
- DACHSHUND



MEET OUR NEW RECEPTIONIST, LIEZEL NEL

By now most of us have probably met Liezel, ORV's new receptionist. However, we wanted to learn a bit more about her on a personal level. Liezel is a 32-year old, with Afrikaans as her home language. She was born and

raised in Roodepoort. As a single person, Liezel lives on her own, except for Wolfie, her five-year old Belgian Shepherd , her only pet and the centre of her world. Before joining Trafalgar at Olivedale Retirement Village, Liezel worked for a Physiotherapy practice where she enjoyed interacting with, and being of assistance to the patients. It is her love

for working with people that brought her to her current position, and we look forward to having Liezel with us for many years to come.

UPCOMING EVENTS JUNE

DATE	FUNCTION	TIME	COST
Monday 12	Birthday tea	3 pm	R30,00 per person
Friday 30	Pierre van der Westhuizen, Tenor	6 pm	R75,00 per person

Dear residents please give us your ideas for entertainment. After all the entertainment committee is there for you.



RECENT EVENTS
MOTHERS DAY LUNCH

On May 12 residents came together to celebrate mothers day with lunch and prizes.



RECENT EVENTS MAY

Beetle Drive game

Our village held its first beetle drive evening recently, which made for a lively and sociable event.



RESIDENTS BORN IN MAY ENJOYED A GREAT BIRTHDAY TEA.



*Happy
Birthday*

THE HISTORY OF OLIVEDALE.

Olivedale is a small suburb in the greater Randburg area of Johannesburg.

As most of us oldies will remember, Randburg was a separate municipality which has now been incorporated into the Johannesburg Metropolitan Council, which in turn consists of Johannesburg, Midrand, Randburg and Sandton.

The property was purchased in 1940 by a Dutch diamond trader, Mr. H. Messias, who had a house erected on it. During WW11, from 1943, Italian prisoners-of-war were used to build improvements on the estate. Besides the house, a free-range chicken farm was established, and an orchard of 50 000 peach trees was planted. Another construction was a windmill, built in accordance with a magazine illustration. The windmill was functional and was used to pump water into irrigation furrows so that all the chicken runs had a fresh supply of water daily. Italian labour was also responsible for the sunken garden next to

the windmill. The Italian prisoners were from the Zonderwater prisoner-of-war camp. The windmill was declared a national monument in 1989 under the old National Monuments Commission. The windmill can be seen a few kilometres from our retirement village.

The actual ground where ORV is built was inherited in the mid-1960s by Mrs Margaret Constance Matthews, a New Zealander by birth, from her sister, a Mrs Thurlow. Margaret lived alone and farmed a small herd of cattle and a number of chickens. The cowsheds and milking parlour were situated where the guard control room stands today at the entrance to the village. Milk was supplied to Douglasdale Dairy which was owned by one of her four sons, Brian. She also restored many old houses on the property and built a scenic dam to attract birds and water fowl to the area.

The developers of Olivedale Retirement Village bought the land from the Matthews

family in 2010 and began construction in 2013.

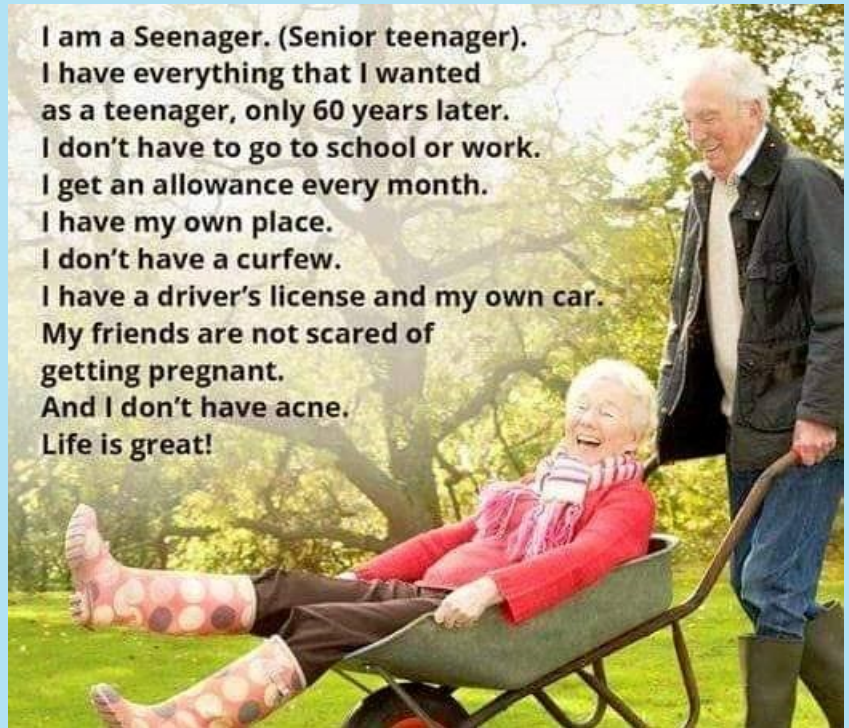


The windmill now forms part of the area's main nursery school.

SENIOR TEENAGER



**I am a Seenager. (Senior teenager).
I have everything that I wanted
as a teenager, only 60 years later.
I don't have to go to school or work.
I get an allowance every month.
I have my own place.
I don't have a curfew.
I have a driver's license and my own car.
My friends are not scared of
getting pregnant.
And I don't have acne.
Life is great!**



INTERNATIONAL NURSES DAY

Nurses of Frail Care celebrated International Nurses Day which is remembered annually on 12 May, the birthday of Florence Nightingale, the founder of modern day nursing.



Florence Nightingale (1820 to 1910) known as the lady with the lamp, was a legend in her own lifetime. Her work in the Crimea during the Crimean war set the standards for modern nursing. For the rest of her life, she continued to campaign for improved sanitary conditions in both military and civilian hospitals.



38 IS HETTIE'S CAKE... BINGO!

By Harvey Hemingway

Approximately 8½ years ago Derek Saunderson approached me and suggested that we start Bingo in the village as he had a home-made Bingo set. Bingo got off to a very successful start one Wednesday night and continues to be a very popular and well supported social event.

Every Wednesday evening, Hettie Jordaan one of our residents, who was a very keen baker, would donate a cake as a prize, that she had baked that afternoon. This continued for a number of years and proved to be one of our most coveted prizes. Then, one Wednesday evening, she didn't turn up for Bingo and we heard that she had sadly passed away on 21 June 2019.

Every number in Bingo has a saying (e.g. number 22 is two little ducks). When Derek was about to call number 38, where the saying had always been 'Christmas Cake', Derek paused and changed it to 'Number 38 is Hettie's cake', and it has remained so ever since. So next time you hear Derek call

'Hettie's cake', do take a moment to remember this very special lady.

This is probably a good time to thank Derek who continues to call out the numbers, the Bingo players who donate prizes, and all our loyal supporters who continue to play this very popular social game.





"Vandag,
sal ek my so gedra asof
dit die dag is waarvoor
ek onthou sal word."

DR. SUESS

Theodor Seuss Geisel (1904 – 1991) was 'n Amerikaanse skrywer van kinderboeke, en 'n spotprenttekenaar. Hy is bekend vir die skryf en illustreer van meer as 60 boeke onder die pen-naam, Dr Seuss. Sy boeke tel onder die mees gewilde kinderboeke van alle tye, met verkope van meer as 600-miljoen. Met sy afsterwe was sy boeke reeds in meer as 20 tale vertaal.

Oor Poesie

Eddy van Vliet, 'n Nederlandse digter, beskryf in sy boek, "n Pleidooi vir die Poesie", dat dit vergelyk kan word met 'n droom. Dit is 'n universele belewenis waarin ander mense hulle self kan inleef en die gevoelstaal daarvan begryp. Deur die krag en kuns van woorde, word 'n wereld geskep waarin jy kan aanvoel en iets van ander herken, sonder dat jy dit ten volle begryp en sonder dat jy dit in tyd en ruimte kan plaas. Bv. ons sal almal die humor in die volgende gedigjie verstaan.

Poesie is vir my 'n verhaal
wat iemand aan my vertaal
van 'n man wat op sy solder
'n vliegtuig van beton gebou het
en trots aan almal vertel het
dat dit wel kon vlieg
maar glad nie kon wieg

Anoniem



WOORDE WAT SING

Deur 'n Inwoner

"Vinnig langs die paadjie trippel Mabalel; vrolik klink die liedjie wat die klingelinge van haar enkelringe vergesel."

Daar is soveel wonderlike gedigte in Afrikaans, maar hierdie woorde uit die gedig Mabalel deur Eugene Marais, het in my siel gekruip toe ek dit die eerste keer as voorgeskrewe werk op skool teëgekrom het.

Dit is verstommend dat soveel ritme deur so min woorde opgetower kan word, en telkens as ek my oë toemaak, kan ek die klingelinge van haar enkelringe hoor, die ritmiese wieg van haar stap ervaar.

Verdwaalde Voeltjies

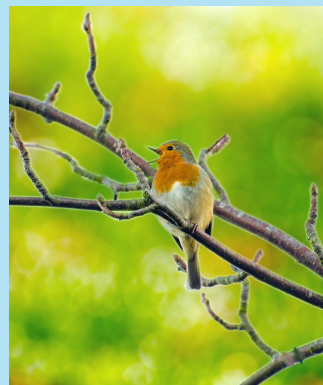
Elma van den Berg

Verdwaalde voeltjies vlieg van
ver
op lugstrome
veilig tevrede
en kom in my siel tot rus

Sterre hang hulself aan takke
van bome op
en hul lig groei
saam met die blare
die donker hemel binne

Woorde kom soos vuurvliegies
aan in die wind
om warm te maak
diep in die hart se duister

Druppeltjies van verlange
kom saggies gespat
en die gewende aarde vat
hul terug op hul spoortjies
agter die maan.



Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel’s attention.

Electronic submissions can be eMailed to:
angeliquemr50@gmail.com

Deadline is 22nd of each month.

Editorial Contacts
Editorial Committee

Angie Moir, *Editor*
Maureen Lamprecht
Elma Van den berg

Advertising

Liezel Nel

Village Management

Chris Heyneke

Responsible Director

Anine

Advertising Rates for 2023

- Published monthly - format is A4 portrait.
- Circulation: 90 black-and-white printed copies.
- Full page: R800,00
- Half page, *landscape only*: R400,00
- Quarter page, portrait: R200,00
- Strip Ads across bottom of page: R100,00 (3cm high)
- Small advertisements and notices R15,00 (size subject to space availability. Size generally is about 6,5 X 4.5cm)

Disclaimer
The articles and ideas published in this newspaper are those of the authors and do not necessarily reflect the views of the Olive Branch Editorial Committee or the Olivedale Home Owners’ Association NPC. Images without credits are published under Creative Commons.

Smalls

Only available to residents of the Village.
one-liners - what you have, what you do and what you want for it. This is a free service for all our ORV family.

EMERGENCY CONTACT NUMBERS 24/7

Security: guard room: 010 596 5400
Security Cell Phone: 064 131 8274
(When landlines are not working)
Frail Care: 010 596 5010
Village Sister 010 596 5495
Maintenance Manager 079 256 6354
General Manager 066 254 6627

List of extension numbers

	EXTENSION
Fail Care Office (Matron)	5010
Frail Care Reception	5011 / 5462
Kitchen Office	5493
Kitchen Orders	5494
Tuck Shop	5492
Hair Salon	5496
Clinic Sister	5495
Reception	5500 / 9
Security	5400 / 5183
Beauty Salon	5192
Phone Balance	0999#

Word solution

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

HEALTH

VILLAGE CLINIC HOURS - SISTER’S OFFICE / DR’S ROOM

Monday to Friday :

09h00 till 09h30 & 12h00 till 12h30

DRAWING OF BLOOD SPECIMENS

Repeat Fasting bloods:

Monday to Friday at Sister’s Office / Dr’s Room

07h30 till 08h00

Drawing of blood in Unit/House.

Book an appointment one day ahead. Please contact ext no 5462 or 5011 and leave a message for the Village Sister.

FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE IMMEDIATELY DISPATCHED TO YOUR UNIT.



Olivedale Retirement Village

2 Bed Apartments

TO LET

FROM R 8 500 p/m

**Quintin Mynhardt
074 487 3878**

2 Bed Apartments

FOR SALE

FROM R 870 000

**Ruan Erasmus
071 481 6199**

What our **retirement villages** can *offer you:*



24-Hour
Care Center



Transportation
Service



Medical Consulting
Rooms



24-Hour
Security Services

CSI Sales
Rentals
Property Management
Trustworthy Property Solutions
*Registered with the PPRA

MySchool MyVillage MyPlanet
MAKE EVERY SWIPE COUNT

Make a difference every time you shop

Use your **MySchool card** when shopping in-store or online at our retail partners, without it costing you a cent

Find your local partner stores at www.myschool.co.za

WOOLWORTHS ENGEN loot.co.za WorksheetCloud NETSTAR

SUPPORT ORV!

MAKE IT YOUR BENEFICIARY FOR YOUR MYSCHOOL, MY VILLAGE, MYPLANET AND LINKED WOOLWORTHS CARDS!

FORMS WILL BE AVAILABLE FROM PAT LEACH ON THE PATIO OR DININGROOM FROM NEXT THURSDAY 01/06/23.

She will also assist you to fill them in. Please get your family to support us as well.

MEDICAL WALLET

The "Medical Wallet". This is a plastic sleeve placed behind the kitchen or bathroom door.

Please ensure it is up to date and contains the following information

Details of family/next of kin, or people to contact in emergencies, e.g. names and telephone numbers

All information regarding current Medical Doctors (names, telephone numbers, addresses)

Copies of any current prescriptions, especially for chronic medication, e.g. insulin if diabetic etc.

Copy of Identification Documents

Any other relevant documents, e.g. any burial arrangements in case of death.

A copy of a Living Will if relevant.

Please ensure that your family and doctor also has a copy of this and is aware of your wishes.