

CEO's Corner

Dear members and residents

At the end of a challenging 2019 it is a privilege to thank our residents and members for their support and commitment to Flower Foundation. A fair number of sales transpired because of referrals and I trust that we will see that trend growing in the next few months.

Our second joint meeting of Flower Foundation Resco's happened at Elm Park recently. As was the case last year, I appraised members present of the current state of Flower Foundation, as well as a high level overview of the budgeting process for the next financial year. We welcomed Mr. Syd Eckley as guest speaker with his topic being "Unpacking the Older Person's Act for Residential Committees in Retirement Facilities". Syd provided valuable context from his perspective as contributing author of the Older Person's Act and from his engagement as expert on a number of task groups in this space.

Maintenance and Infrastructure

Our projects team had a very busy 2019. They are pushing hard at completing work on the Maxhaven Community Centre before the firmly set Christmas Dinner. The work is again of outstanding quality and the community centre has been completely transformed.

Work on the Silver Stream community centre has also recently been completed with the community centre being given a name. It will now be known as Rendezvous. We trust that the residents from both villages will enjoy many happy functions in their new centres.

Unforeseen infrastructure maintenance has also been completed at Witpoortjie, Kensington Gardens, Silver Stream and Waverley Gardens Memory Care.

New residents

I would like to welcome the following new residents to the Flower Foundation family:



July

Mr D Marks	Waverley Gardens Memory Care
Mrs M Morafo	Waverley Gardens Memory Care
Mr G Wood	Silver Stream Village
Mrs M Budavari	Elm Park
Mr B & Mrs A Goodyer	Elm Park
Mrs C van den Bos	Elm Park
Mrs F Ephron	Silver Stream Village

August

Mr P Uys	Elm Park
Ms S van der Linde	Witpoortjie
Mrs E Hunter	Waverley Gardens Memory Care
Mr D Campbell	Waverley Gardens Memory Care
Mr F Coertze	Elm Park
Mrs A Jacobs	Witpoortjie
Mrs F Purificati	Kensington Gardens
Mrs M Cartner	Silver Stream Village

September

Mrs Z Oosthuizen	Elm Park
Mr T Dennehy	Witpoortjie
Mrs S Deering	Witpoortjie
Mr J & Mrs V Hartman	Silver Stream
Mrs A Uys	Elm Park
Mrs R Mavis	Pioneer House



CEO's Corner continued

September continued...

Mrs M Polisa	Kensington
Mrs M Rosolemos	Pioneer House
Mr S Abrahams	Pioneer House
Mrs D Furze	Elm Park
Mr M Lambrakis	Waverley Gardens Memory Care
Mrs J Abawat	Waverley Gardens Memory Care

October

Mrs M Maclear	Elm Park
Mrs R McKane	Elm Park
Mrs S Barletta	Kensington Gardens
Mr W Cartner	Silver Stream
Mr M Kearns	Witpoortjie
Mrs A Pretorius	Silver Stream

November

Mr H & Mrs J Visagie	Witpoortjie
Mr M Larkin	Maxhaven

Our condolences go to those who have lost loved ones during the last month. Please know that we share in your grief.

Security

I would like to remind residents to always keep your panic button on you and remember to keep your security gates locked. We have received notice that the Eskom infrastructure remains under pressure and that load-shedding may be implemented at short notice. Please remember that this may entice criminals and that we should always remain vigilant.

End of year festivities

I would like to thank all our staff for their good work during the past year. We are proud of you. I would also like to wish all our residents and staff who will be visiting friends and relatives over the Festive Season safe travels and we look forward to seeing you all back with renewed energy in the new year. Many blessings for 2020.

Warm Regards

Johan Raubenheimer

FLOWER FOUNDATION'S NEWLY APPOINTED CHAIRPERSON

Nombuso Ramokgopa was elected as the Chairperson of Flower Foundation Board at the first Management Board Meeting after the AGM in July. Nombuso has been a Board Member since November 2014.

Nombuso started her career in 1992 as a student nurse at Chris Hani Baragwanath Nursing College where she attained a Diploma in General Community, Psychiatry nursing and Midwifery. She progressed on to work at several healthcare clinics. Nombuso subsequently decided to further her studies and enrolled at RAU where she obtained a degree in Journalism, majoring in Communication Science and Industrial Psychology. Nombuso's thirst for knowledge saw her doing a Masters degree in Bioethics and Health Law from Wits University. Nombuso managed the FOLATENG unit at Pretoria West Hospital, this was the private section of the public hospital. Nombuso left her position at the Pretoria West Hospital to start a family but continued doing community development work. She is a devoted wife to Prof. Mmampapatla Ramokgopa, Head of Department of Orthopaedic Surgery at Chris Hani-Baragwanath Hospital in Soweto and a loving mother to five children ranging from 8 to 28 years.



Nombuso's motto in life is *"Do unto others, as you would like them to do unto you, and whatever you do, do it with love and compassion."*

Nombuso is excited about her new position at Flower Foundation and her message to everyone is "Let's hold hands, and together make Flower Foundation the best place to grow old in"



MEET THE NEW BOARD MEMBERS

Judith Hough is one of our newest Board Members. She comes with a wealth of experience and knowledge especially about Flower Foundation. She worked as a Matron at Elm Park and subsequently became Matron in Charge of Care at all Flower Foundation Homes.

Judith is a Registered Nurse and Midwife, she trained in the UK at the United Birmingham Hospitals. She also obtained a Business Management Diploma and was a registered assessor with HW SETA and Instructor in First Aid with SAFAL.

She is currently serving on the Elm Park and Orchid Place Resco's. She has also taken on the responsibility of being an Ambassador for the Flower Foundation Benevolent Fund.



Graham Cox is currently a resident at Elm Park Retirement Village. Graham's tertiary education consists of an SBL/AEP Degree from UNISA, CIS, Business Management and Financial Management and Accountancy from Columbia College.

He started his career at AECL coatings in Durban as a trainee in the automotive industry and was later promoted to National Business Manager for a Decorative and Heavy-Duty Coating Business based in Johannesburg.

After retiring from the corporate environment, Graham took over the management of Darrenwood Retirement Village and remained the Village Manager for nine years.

Graham achieved Gauteng Colours and Gold Medal in SA Karate Championships in 2015. He also loves spending quality time with his family, hiking and reading.



Reon Marais obtained his legal degree of Baccalaureus Procuratoris from the University of the Witwatersrand and worked as a professional assistant to three different law firms before becoming a sole practitioner and currently practicing under the name and style of Reon Marais Attorneys in Randburg. He has also sat as a Commissioner on the bench of the Small Claims Court for two years.

His knowledge of the law will be a great asset to the Flower Foundation Board.

Thank You!

Flower Foundation's Board of Directors are a diverse group of people with various experiences and backgrounds. While we're always excited to welcome new members each year, saying farewell to outgoing ones can be difficult. This year we welcomed Judith Hough, Graham Cox and Reon Marais onto our Board, but we say a sad farewell to Dave Griffiths, Peter Mason and Welma Long who stepped down at the AGM in July 2019.

After the AGM a new Chairperson, Mrs Nombuso Ramokgopa was elected, taking the reigns from the outgoing Chairman Prof. Sakkie van de Merwe. Sakkie served as Chairman of the Board for 2 years. His direction and expertise was welcomed by all Board Members as well as Flower Foundation's Management Team. Fortunately Sakkie has remained on the Board as a Member which allows us to continue tapping into his expertise and knowledge.

Thank you to Sakkie and the outgoing Board Members for your time, dedication, commitment and loyalty to the Board. Your experience and input was invaluable.



OCCUPATIONAL THERAPY AT FLOWER FOUNDATION

As the new and first Occupational Therapist to join the Flower Foundation team, I was excited, nervous and terrified all in one! The task of developing the OT role for the Flower Foundation is enormous and always evolving. This, however, fits so well into what OT is all about. OT is a dynamic, holistic and adaptable approach to managing daily life. OT strives to help others to do what they find meaningful so that they can experience a quality of life. Thus, OT is not a singular and independent approach, but rather a person-centred approach to making a change for the better.

I work closely with the Activity Coordinators at six of the Flower Foundation villages: Silver Stream, Witpoortjie, Elm Park, WGMC, Willowbrook and Pioneer House. For each of the Activity Coordinators this has also been a change, however, I believe a change for the better. Each activity coordinator, along with myself, plan an individualised and structured activity program for each care centre. This includes a variety of activities from sensory stimulation, arts and crafts, leisure tasks, cognitive stimulation and physical activities to name a few. Each activity coordinator plans a monthly special event for each village. This can include anything from outings to a large function such as the Elm Park Fashion Parade on Spring Day. The activities may fit into a special theme for the month, for example Mother's Day or Heritage Day, or may just be something usually enjoyed by our residents, such as a trusty bingo game.

The Activity Coordinators meet with myself on a monthly basis during a meeting. We then have training on some topics appropriate to our working environment such as normal ageing, Areas of Occupation, or statistics to name a few. We then also have some fun and learn a new activity, presented each month by our host village Activity Coordinator. These activities can then be adapted to be done at each village.

As an OT I also love to share my knowledge and have done so on a few occasions. We have arranged a few information sessions with residents regarding Dementia, what Occupational Therapy is and the role of and OT in geriatrics, Stroke Awareness and Heart Health. I have also started assessments on residents to establish a baseline of their occupational function and activity levels. Along with the Activity Coordinators, I plan to assess each resident in our care centres at the Flower Foundation. This way, we can better plan and implement appropriate activity programs for the people in whose homes we work.

Occupational Therapists help people of all ages develop the skills they need for success in everyday life where they live, learn, work and play.



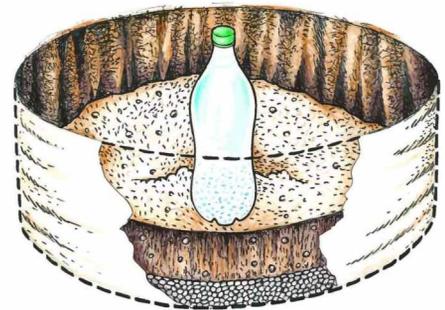


WATERWISE GARDENS ARE THE WAY TO GO

Silver Stream Village recently embarked on a landscaping exercise with the assistance of Edwena from Eco Landscapers. With Gauteng currently experiencing a water shortage having eco-friendly and water wise gardens is imperative. Edwena with the assistance of the gardeners and residents set out to convert the communal gardens at the village to be just that. Succulents were used in the flower beds and overgrown plants have been harvested and tidied up.

Edwena shared some *tips* for a waterwise and eco-friendly garden:

- Use succulents – these plants do not require a lot of watering
- Plant Astro Turf in small areas - maintaining grass areas are not only expensive but also very time consuming. Astro Turf is laid like a carpet and is made of recyclable plastic which makes it long wearing
- Using sprinklers to water is far more effective than a hose-pipe.
- Avoid using weed-killer, the chemicals leach into the subsoil and contaminates our water sources. Use boiling water, it will kill anything your pour it on. It keeps the paving clean and it doesn't poison the soil.
- In very shaded areas, plant mondo grass, this is a slow growing plant and requires minimal care once it has established.
- Pot plants – Poke a few holes into a two-litre bottle, pierce holes at the top of the bottle and dig it into the pot plant. This will slowly release the water ensuring that the roots of the plants are getting the water it needs and no flooding will occur.
- Wonder Waterwise Crystals absorbs water and last approximately 5 months. Use a small amount of the product otherwise it will grow to the extent that it will flow out the pot.



A bit about Edwena

Edwena's family moved around a lot and the homes they moved to had no gardens. Edwena's mom was very passionate about gardening and built up eight gardens from the bare ground, making them breathtakingly beautiful. Edwena got her passion for gardening from her mom and her whole life has been spent around greenery and beauty. She is now retired, and was recommended to Flower Foundation by one of its preferred suppliers.

She is currently sharing her knowledge at Silver Stream and Witpoortjie by training the gardeners of the villages on how to maintain a waterwise garden. She will continue sharing her knowledge throughout the Flower Foundation villages.





ANNUAL GOLF DAY

Flower Foundations second Annual Golf Day took place on the 1st of October at Ruimsig Country Club. The weather was golfing perfect. The day was designed to be filled with fun and lots of give-aways, 15 out of the 18 holes were sponsored and the players were spoilt with choice from a wide variety of drinks and food.

The field consisted of 80 players. While some players were in it to win it, others resorted to accepting that this was not their day to be on top form. The golf was followed by brief networking, the players and guests then proceeded to prize giving. *Johan Raubenheimer*, CEO of Flower Foundation welcomed the guests and then handed over to Leo Oosthuizen for the continuation of the prize-giving. The funds raised at the Golf Day will go towards the Bruton Foynd Fund and the Mary Patchitt Training Trust.

Congratulations to the top three winning fourballs:

- 1st - Matt Bamber, Gavin Hishin, Landon Ferguson, Cade Smith
- 2nd - Bertie Luus, Anthony De Waal, Boetie Luus, Jaco Gouws
- 3rd - Rhoan Potgieter, Stuart Conlan, Roscoe Dekker, Ross Peckley

The feedback received after the event was that everybody had a good time and we have already received enquiries about our next Golf Day which is scheduled to take place in October 2020.

We hope to see you there.

Thank you to all the sponsors, the day would not have been a success without you!

- Avbob
- Averda
- Berea Nurses
- Capitol Caterers
- Colt Security
- Desmi Carpets
- Dragonfly
- Elm Investments
- Enable Employment
- Fedics
- Gravity Print
- Hartman
- Magna Kitchens
- Martin's Funeral Services
- Nashua
- Nicholsons
- Nursing Emergencies
- Ozone Technologies
- Pinpoint One
- Plumptime Plumbers
- Prominent Paints
- Standard Bank
- Think Technologies
- Unique Health
- United Elevators
- Warren Electrical





Grandparents Day at Pioneer House

Pioneer House organised a first of its kind “Grandparents Day”. Family members were invited to come spend the day with their loved ones at the village and were spoilt with a tour of the upgraded village, its facilities and a display of activities arranged on a regular basis for the residents. When family members visit their loved ones they usually meet in their room, this day created an opportunity to see the village and all it has to offer.

A life tree was designed where the residents placed their thumbprint on a branch and their family members thumbprints branched off that. The aim of this is to remember all residents old and new.

The turnout was phenomenal with most residents spending the whole morning at the village, talking, laughing and eating.

The day was a success and it was one of many more to come. Thank you to all who made the day an enjoyable one.



Frail Care Residents have a day out.

Witpoortjie Retirement Village care centre, Clivia, recently enjoyed a day out. They were taken to Alice Art Gallery, one of the largest privately owned galleries in Africa. The gallery specializes in South African artists and represents over 100 artists with 4000 artworks.

The residents were treated to a meal after perusing the beautiful art on display.



Residents at Kensington Gardens Take off

The Kensington Gardens Residents Committee, Matron Marjorie Bosman and Dawie Lee were privileged to have been invited to an aviation event at the Rand Airport.

Excitement prevailed on Saturday morning as they arrived at the airport. They were welcomed by a reception committee and were treated to sumptuous breakfast feast and were then presented with a T-shirt to commemorate the event.

They were taken by helicopter for a 10 minute flight over the area which in itself was an experience. On landing they were presented with “wings”, a cap and a gift bag.

To end the day they were entertained by a breathtaking air show which two Spitfires from the second world war performed stunning aerobatics.

This was a memorable event. Thank you to everyone who made it possible.





FLOWER FOUNDATION AVAILABLE ACCOMMODATION

Independent Living

MAXHAVEN

1 bedroom cottage from **R785 000** levy from **R3 534**
Lovely garden cottage, with enclosed patio

KENSINGTON GARDENS

2 bedroom cottage **R930 000** levy **R4 578**
Large 2 bedroom cottage
1 bedroom cottage **R465 000** levy **R3 414**
Spacious 1 bedroom cottage surrounded by lovely gardens

Bachelor unit - upstairs from **R305 000** levy from **R3 274**
Bachelor unit - downstairs from **R315 000** levy from **R3 274**
Bachelor units overlooking beautiful gardens

WILLOWBROOK VILLAGE

Bachelor units from **R425 000** levy **R24 515**
Bachelor units with en-suite bathrooms.
Levy includes all meals, laundry, cleaning and shuttle services

1 bedroom unit from **R1 130 000** levy **R27 030**
Studio units from **R405 000** levy **R24 515**

SILVER STREAM VILLAGE

Silver Stream Chalets
2 bedroom cottage **R1 065 000** levy **R3 646**
Spacious 2 bedroom, 2 bathroom cottage

1 bedroom chalet from **R890 000** levy **R3 645**
Bachelor apartments from **R420 000** levy **R4 522**

WITPOORTJIE VILLAGE

2 bedroom cottages from **R680 000** levy **R3 143**
Spacious garden cottages in tranquil setting
1 bedroom flats from **R345 000** levy **R2 488**

1 bedroom cottage from **R555 000** levy **R2 627**
1 bedroom cottage with lovely garden space.
Bachelor apartments from **R430 000** levy **R2 888**

ZONNEVELD VILLAGE

2 bedroom cottages from **R695 000** levy **R2 733**
2 bedroom 2 bathroom garden cottages with veranda

1 bedroom cottage from **R695 000** levy **R2 538**
Spacious cottages surrounded by expansive gardens

Assisted Living

Spacious private rooms with en-suite bathrooms available at:
Maple Wing, Willowbrook Village - Sandown
Pioneer House - Oaklands
Rose Lodge, Elm Park Village - Northcliff

Frail Care

24-hour care in private and shared rooms available at:
Primrose Place, Elm Park Village – Northcliff
Maple Wing, Willowbrook Village, Sandton
Pioneer House – Oaklands
Willow Lodge, Silver Stream Village – Malanshof
Waverley Gardens Memory Care (Specialised Dementia Care) - Waverley
Clivia Care Centre, Witpoortjie Village – Witpoortjie

