

## CEO's Corner

This is my first newsletter as CEO and, I would like to thank everyone for their support since my appointment. A company's success is made by a team and not an individual and I know I have an excellent team.

At the beginning of 2020 excitement was felt as we were heading into a new decade. Covid-19 was something that was happening in distant countries and South Africans hoped that it would not hit our shores. Unfortunately, we are not immune to what happens in the rest of the world and we were hit with Covid-19 in March. Our country was placed under major emotional and economic strain.

Our staff were all amazing during the lockdown. Their dedication and commitment to our residents was phenomenal. Residents and family members co-operated with the protocols we implemented to ensure their well-being and safety. I know it was difficult not visiting your loved ones but with your assistance and all the protocols that were in place, Flower Foundation managed to keep the infections low. I would like to extend my gratitude to everyone who assisted us in this regard.

Throughout the lockdown our Activity Co-ordinators arranged additional activities to ensure our care residents were kept active whilst still adhering to the necessary regulations.

### Projects

During lockdown all projects at the Villages came to a standstill. I am happy to announce that these have now recommenced and cottages are being upgraded. New residents are expected to move in soon.

### New Residents

I would like to welcome the new residents that have moved into our Villages since March 2020. I hope you have settled in well and look forward to meeting each and everyone of you in the near future.

### Staff News

In May 2020 Elaine Mouton, Village Manager of Pioneer House took early retirement. She is a great loss to the organisation and we wish her well on her retirement. Subsequently, we

have reshuffled the Village Managers and Matrons and as from the 1st of October 2020 the allocation is as follows:

#### Elm Park:

Area Manager :  
Carel Botha  
Matron:  
Colleen Winfield

#### Maxhaven:

Area Manager: Dawie Lee  
Matron: Mandy Joubert

#### Silver Stream:

Area Manager:  
Mike Oosthuizen  
Matron: Mandy Joubert

#### Witpoortjie:

Area Manager:  
Dawie Lee  
Matron: Anna Seabelo

#### Orchid Place:

Area Manager: Burt Laas  
Matron: Karin Coetzee

#### Waverley Gardens Memory Care:

Area Manager: Burt Laas  
Matron: Peter Diale



#### Pioneer House:

Area Manager:  
Mike Oosthuizen  
Matron: Marjorie Bosman

#### Willowbrook:

Area Manager:  
Carel Botha  
Matron: Karin Coetzee

#### Kensington:

Area Manger: Burt Laas  
Matron: Karin Coetzee

I would like to wish the Managers and Matrons well in their respective villages.

Keep well and be safe!



## GET TO KNOW THE CEO, MR GERT COETZEE

Mr Gert Coetzee was appointed as the Interim CEO in June 2020, after the exiting CEO tendered his resignation. Gert was subsequently appointed CEO of Flower Foundation in July 2020. Gert has been with the Flower Foundation since 2012.

Gert is a Management Accountant by profession. He started his career with SARS and served in the Master Taxation Auditors Department. Subsequently, he held various Accountant and Financial Manager positions in a number of companies varying from newspaper and magazine distribution to property development in the leisure industry.

Wanting to try his hand at something with more operational focus but that would still require some financial expertise he joined Willowbrook Retirement Village in 2012. Willowbrook at the time was run separately from Flower Foundation but still under their control. The brief from then CEO was simple – “see if you can turn it around”. In 2016 Willowbrook was in a sound financial position with substantial reserves that the Board decided to integrate it into Flower Foundation. Since then Gert managed Kensington Gardens, Elm Park and Maxhaven Villages.

Gert is happily married, for the past 17 years, to a lovely lady by the name of Riette. Being a serious sports lover with a particular love for rugby and having learnt the game on the doorstep of Loftus Versveld, it goes without saying that he is a huge Blue Bull supporter. A couple of years ago he turned his hand to golf and has since become an avid golfer.

## WELCOME to the new employees of Flower Foundation

### ELM PARK

- Lettie Tshabalala

### PIONEER HOUSE

- Precious Molepo

### KENSINGTON GARDENS

- Janine Kriel

### ZONNEVELD

- Milton Busakwe

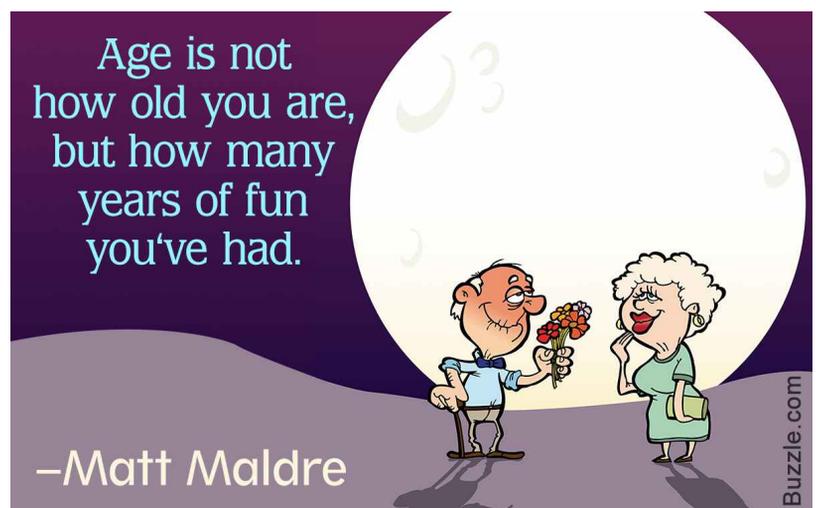
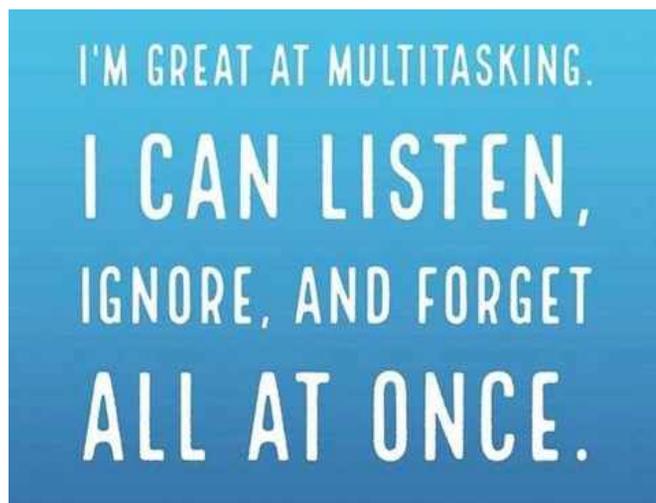
### SILVER STREAM

- Mike Oosthuizen
- Nonhlanha Mabuza

### MANAGEMENT SERVICES

- Charisma van der Merwe
- Millicent Mkhombo
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## LAUGHTER IS THE BEST MEDICINE





## THE MORAY FRANZ AWARD

The Moray Franz Award was initiated by Mr Gert Coetzee, Flower Foundation CEO. This is awarded to a resident in recognition of outstanding service to fellow residents and the organisation.

Moray Franz was the founder of Flower Foundation in 1963. After realising that many elderly and frail people who needed assistance as they aged, Moray decided to invest her time setting up a facility to assist these individuals. Therefore, it is apt that the award be called the Moray Franz Award. In the same style, the recipient of the first Moray Franz Award, Mrs Judith van Diggelen of Elm Park Retirement Village dedicates her time to various initiatives at Flower Foundation. The Award was presented to Mrs van Diggelen at the AGM on the 12th November 2020.

### About Mrs. van Diggelen

“Ever since I was a little girl, I wanted to be a nurse. On completing school, I was too young to be accepted into the Carinus Nursing School and spent three years at UCT (University of Cape Town) obtaining a BSC degree before being able to fulfill the dream and start my nursing career at Groote Schuur Hospital, where nursing proved to be all that I had hoped for – and more.

Many years later, after a marriage and three children, the time arrived for my husband and I to decide on a suitable retirement village and the Gods were on our side when we chose Elm Park.

On presenting me with the Moray Franz award, Mr. Gert Coetzee commented that I feel passionately about Flower Foundation and he was right. I am very aware of how fortunate I am to be part of this community – not only the Independent Living section but the Care section as well. During my husband Maarten’s illness and his two year stay in care, I counted my blessings every day for the care he received and wanted to reciprocate in any way I could.

With the advent of Covid-19, my neighbors and I have been unable to continue treating the residents in care with monthly cookies and birthday cakes, as we had been doing for a number of years, but we have been able to carry on with the “Tuck Shop” which I initiated to assist members of the care section to buy toiletries and luxuries at cost and without having to leave the premises. Whilst our bi-annual morning market is not currently possible due to Covid-19, we are running a Christmas mini-market as an adjunct to the tuck shop. The funds raised are used to supplement the Elm Park General Fund and the Benevolent Fund.

I take pleasure in producing a monthly newsletter for the village which welcomes articles from residents (as long as they are positive) and also in crocheting woolen blankets for distribution to hospital patients and other needy recipients.”

***Thank you Judith for your commitment and dedication to Flower Foundation and its residents.***





## OCCUPATIONAL THERAPY AND ACTIVITY CO-ORDINATORS AT FLOWER FOUNDATION

More often than not, the term occupational therapy may be a foreign one, until you have the need for this particular therapy yourself. We often don't know what it is or when you may need it. In a nutshell, OT (Occupational Therapy) enables people to perform their daily tasks, work, leisure and social activities independently for as long as possible and with the necessary adaptations where needed.

Occupational therapy is a process that involves helping people at all stages of life (from toddlers to the elderly) develop, maintain, or recover the skills they need for daily activities that are meaningful and necessary. When it comes to the elderly, this is a beneficial service as our seniors have moved into retirement, allowing them to have much more time available for social and leisure activities. This is essential to stimulate these areas of occupation as it can enhance their quality of life and overall well-being. Studies show that seniors who stay socially active and engaged experience a variety of benefits, including:

- **Better cognitive function.** Social activities keep the elderly sharp and mentally engaged. This is important to prevent the onset of dementia or Alzheimer's disease.
- **Maintaining good emotional health.** Connecting with others affects mood and emotions, which in turn wards off depression.
- **Improving physical health.** Socially active seniors tend to be more physically active too, which is beneficial for mobility and reducing falls.

In the end, all anyone truly wants for their elderly loved ones is to know that they're cared for and to help enrich their lives. At some of our Flower Foundation villages, we have dedicated Activity Co-ordinators, led by our Occupational Therapist who strive to not only stimulate and entertain our residents but love and care for them and their overall well-being. They do so by knowing their residents, their capabilities and their interests, in order to choose activities for enjoyment and optimal participation. This ranges from exercise groups, walking, arts and crafts, games, cognitive stimulation and social events.

Physical activities provide the foundation for all other forms of senior wellness. Persons who continue to stay active into their senior years decrease the risk of adverse conditions such as strokes, cancers, type 2 diabetes, depression and dementia. It also slows the deterioration of overall health and allows seniors to maintain their independence longer. Depending on preference and ability, activities such as dancing, walking, hiking, and swimming are enormously beneficial to persons over 65 years of age.

Elderly activities with a social focus are crucial to overall wellness, especially for the maintenance of a meaningful and satisfying life. Without consistent social interaction, seniors can experience a variety of conditions, including debilitating loneliness, depression and an increased risk of dementia. On the other hand, when seniors consistently engage in social activities, they experience significant improvements in their physical, mental and emotional health.

Activities with a mental focus are also incorporated by our Activity Co-ordinators. Human beings must continue to receive intellectual stimulation over the course of their lives, if they are to achieve and maintain a fulfilling and unimpaired life. A certain degree of mental ability decreases during the aging process. However active pursuit of cognitive engagement has been proven to slow this cognitive deterioration significantly. This ranges from puzzles, dancing, reading, music and many more.

Flower Foundation Activity Co-ordinators serve as trusted confidants to our elderly residents. They share in their stories, their family and reminiscing about their lives, which is an important part of their well-being.

We thank our team of Activity Co-ordinators for ensuring activity participation during this pandemic.

**Meet the team.....on page 5**



## ACTIVITY CO-ORDINATORS - MEET THE TEAM



**Alicia Shenxani**  
Elm Park Village



**Thokozile Mbele**  
Pioneer House



**Phamela Mbombi**  
Willowbrook Village



**Lydia Mkhonza**  
Waverley Gardens  
Memory Care



**Tryphina Dladla**  
Witpoortjie Village



**Nonhlanhla Mabuza**  
Silver Stream Village

## KEEPING BUSY DURING LOCKDOWN

Throughout the lockdown the Activity Co-ordinators ensured that additional activities were arranged for the care centre residents and that occasions were created for social gatherings ensuring all regulations were adhered to. Such occasions included: pancake days, board game afternoons, doughnut days and knitting. The female residents at Pioneer House embarked on a project to knit scarfs which they handed out to the male residents and staff on a special luncheon arranged for Fathers Day.



Research has proven that exercise and physical activities help the elderly keep their minds sharp and their bodies healthy. Dancing is one such activity, it improves strength and muscle function in older adults, as well as, improving cardiovascular health. What better way to get the body moving than by joining the rest of the world and in taking up the Jerusalem Challenge.

At each of the Flower Foundation Villages, residents and staff alike took up the challenge and competed against each other. The winning village took to Facebook and challenged all the Retirement Villages. After only



having a few days to practise their moves, the videos were sent to the judges. It was a difficult choice as all the villages were fantastic, but there can only be one winner. Waverley Gardens Memory Care were nominated as the winners. Each participant was awarded a certificate by the CEO, Mr. Gert Coetzee. Well done to all the participants!



## STAYING CONNECTED DURING LOCKDOWN

When the first case of Covid-19 was announced in South Africa, no one anticipated what turmoil it would create in the country. The elderly were at risk as they fall into a vulnerable group. Their well-being became everyone's concern. Retirement Villages and Care Centres went into full lockdown before the National Control Command Council announced Level 5 lockdown for the whole country.

The simple pleasures that everyone took for granted such as a brisk walk around the garden, or visiting a neighbour was curtailed by the lockdown. No visitors were allowed to the villages, provisions were made to eliminate any trips to the stores for groceries, online shopping became the norm for many people. A step out of the door meant you had to wear a mask and remember to continuously sanitise. This has become the new normal and, experts predict Covid-19 will be with us for a while longer.

Our frail care residents got hit the hardest with not being able to see their loved ones. The family members and our care staff had to improvise to ensure that our residents remained in touch with their loved ones. Many a times we curse technology for taking the human interaction away, but in this instance the use of technology is what made it possible to stay in touch.

Activities in the care centres were arranged more frequently in order to keep our residents stimulated and to help ward off loneliness. The Activity Co-ordinators and the care staff were amazing in this regard.

On the 11th of August the visiting restrictions placed on retirement facilities were lifted and, Flower Foundation welcomed visitors back into its villages under strict control. Safety measures were put into place and visits to frail care residents remain by appointment only and through visitation booths.

Thank you to the family members and residents for your co-operation during this difficult period. We remain committed to ensuring the well-being of our residents.





## BIRTHDAY CELEBRATIONS DURING LOCKDOWN

Birthdays are important and need to be celebrated. Flower Foundation staff made sure our residents were spoilt on their special day. Many people had birthdays during lockdown without being able to share the day with their loved ones.

Mrs Doris Baker, a resident at Witpoortjie Village celebrated her 100th birthday on the 13th September 2020. She has been a resident at Witpoortjie for over 30 years. She was one of the first residents to move into the Village, whilst it was in the process of being built.

Doris Baker was born on 13th September 1920 in London. Her lifelong love of clothes and fashion was given early expression when at the age of 16, she invested all her savings (against the wishes of her family) in her first (and only) Singer sewing machine – which she then used regularly to make all her own clothes. After school, she was employed in the world of high fashion in the West End of London, which is why she has always been impeccably dressed. In 1940 she married Jack Baker, an Industrial Engineer who was in the aircraft industry. Her son, Graham was born in London in 1943.

After her husband died in 1985, Doris moved to South Africa to be near her son. She moved into Witpoortjie Village and settled in immediately creating long-lasting friendships. With all her activities, she has proven that life begins (again) at 70 and is blessed with unusually good health.

The convenience of living in the Village meant that she could indulge her love of travel and visited Russia, China and New Zealand amongst others.

Doris Baker is a true example that age is just a number.



BELATED BIRTHDAY WISHES TO ALL OUR RESIDENTS.  
MAY YOU ALL BE BLESSED WITH MANY MORE.



# FLOWER FOUNDATION AVAILABLE ACCOMMODATION

## Independent Living

### MAXHAVEN

**1 bedroom** cottage from R775 000 levy from R3 781

### KENSINGTON GARDENS

**2 bedroom** cottage from R890 000 levy R4 899

**1 bedroom** cottage from R465 000 levy R3 414

**Bachelor** unit - upstairs from R305 000 levy from R3 504

**Bachelor** unit - downstairs from R315 000 levy from R3 504

### WILLOWBROOK VILLAGE

**Bachelor** units from R150 000 levy from R20 000

Levy includes all meals, laundry, cleaning and shuttle services

**1 bedroom** unit from R950 000 levy R28 295

**Studio** units from R405 000 levy R26 235

### SILVER STREAM VILLAGE

#### Silver Stream Chalets

**2 bedroom** chalet R1 065 000 levy R3 900

#### Silver Stream Cottages

**1 bedroom** cottage R985 000 levy R3 749

**1 bedroom** chalet from R890 000 levy R3 900

**Bachelor** apartments from R420 000 levy R4 839

### WITPOORTJIE VILLAGE

**2 bedroom** cottages from R649 000 levy R3 143

**1 bedroom** bachelor cottages from R345 000 levy R2 488

**1 bedroom** cottage from R530 000 levy R2 960

### ZONNEVELD VILLAGE

**2 bedroom** cottages from R730 000 levy R2 733

**1 bedroom** cottage from R649 000 levy R2 538

## 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

**Willow Lodge**, Silver Stream Village – Malanshof



## 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