

Focus on: *The Golden Years*

A supplement compiled by Marlene Bilewitz. Contact (011) 886-0162, Cell 083-475-0288 or e-mail: marbil@global.co.za

Let the sun really shine on your golden years



MARLENE BILEWITZ

THIS SUPPLEMENT aims to draw attention to a broad range of facilities countrywide which offer compassionate healthcare and innovative housing for our senior citizens, whether ailing and frail, able and independent, moneyed or not.

There are organisations like the Chevrah Kadisha, Rand Aid, The Flower Foundation and Jaffa, who are available with assistance of all kinds, from finance to permanent or temporary accommodation and healthcare. Each offers different levels of assistance, depending on the needs of the person.

These organisations aim to help alleviating hard-

ship, overcoming life's challenges and be there for their beneficiaries by providing the highest quality of holistic service to all people by empowering them to function independently as far as possible and for the organisations themselves to be beacons of providing welfare and other assistance.

The Flower Foundation, a non-profit organisation, takes into account the vital need of many elderly people who have been left alone and whose only close companion is maybe a pet. It is arguably the only organisation of its kind which sees to this need.

They also have the Pat Comins "Kindness Fund" which assists when funds are unavailable and offers limited free frail care when necessary, to their residents.

Then there's Hospice - a truly "special" organisation. There is no-one or anything to beat the care and concern offered by Hospice to patient and family. If ever one should need their services, be sure to confirm that the branch you are about to use falls under the umbrella of the Hospice Palliative Care Association, tel: (021) 531-2094. This will ensure that you receive the highest standard of palliative care available.

There are many considerations when giving up one's previous lifestyle and starting afresh, such as affordability, healthcare and nursing, fitness, social and educational programmes, transport availability, food, ambience and location.

Relocation is often traumatic and requires careful selection and compassionate handling from the owners and staff of the institution or retirement homes available for our senior section of the population.

There are people and organisations that offer the most caring and innovative assistance to our elderly. This supplement endeavours to show this. For instance, meet Ronny Silbermann, executive director of Jaffa, the Pretoria-based home for the aged, a hands-on warm and generous man who treats each of his residents with love and compas-

sion and aims to create a home from home for each and every one there.

Then there's Andrew McLachlan, CEO of the Pembury Group who, like Rand Aid, offers a most accommodating option for retirees - rental on a monthly basis. He has also brought to our country a much-needed service - organised monitored "home care" of the highest standard.

There are conveniences and comforts designed specifically for those in need. Springbok Pharmacy will deliver everything from prescription drugs to medical equipment and incontinence products; as will Clinical Emergencies who have a wide range of assistive devices for the physically handicapped. And why should anyone be uncomfortable when bedridden when there are wonderful comfort givers from Sanbonani!

The Ear Institute-Phonak, has brought out a new device which makes it easier for people who suffer from hearing loss to use a cellphone and other technologically developed pieces of equipment, more comfortably and to better advantage.

There are audio books from the Listeners Library and books with larger print too. (Ask Listeners Library about them.)

And what is there for the person who is still healthy, active and independent, yet wants to be prepared, well in advance, for the day that assistance may be required for either partner?

There are wonderful Villages and Homes in the main cities, both inland or at the sea, that offer facilities for active integrated social lives that can be used or ignored, whichever suits the individual. In fact, some of these estates are so beautiful that younger people may be green with envy if they saw what was available for the over 55s.

For example there is Forest Village, which is situated above Sheffield Beach near Ballito on the North Coast of KwaZulu-Natal. This is a subtropical residential paradise and was awarded the 4 Star Best Retirement Development Village in South Africa 2008 by the African Property Awards

who are part of the globally respected international Property Awards and are supported by a host of well-respected and highly acclaimed bodies.

In conclusion, a quote by a woman - who wishes to remain anonymous - who lives in one of the retirement villages: "I have never felt as secure or content in my life. I have my independence, a beautiful small home which is almost hassle-free, as there is all the help that I need as and when I need it.

"I am content in the knowledge that even though all my children are living overseas, I am never alone and if ever I reach a point in my life where I require part- or fulltime assistance, all I need to do is to pick up the phone and there will be all the support just a minute away."

CareWave
CARPENTER S.A.S.

A range of polystyrene micro-particle cushions and accessories

Our Parents Home now also has a day centre

IF YOU ARE an older person, living alone or with family, you will be happy to know that Our Parents Home is running a day centre where you can:

- interact socially with many people in a safe, structured environment
- participate in a wide range of activities that offer opportunities to improve your physical abilities, provide you with intellectual stimulation and enhance your cognitive functioning
- enjoy delicious lunches and snacks with friends.

This programme, which has been running for the past five years with great and growing success, is carefully designed for elderly people who do not need the residential services of an aged home, but who wish to benefit from the social and therapeutic advantages provided there.

This is a place where arts, crafts, concerts, quizzes, exercise classes, games and bingo are organised regularly; where guest lecturers cover a large spectrum of subjects; and where your spiritual needs are provided through regular shiurim by visiting rabbonim.

Day participants suffering from dementia are welcomed into the excellent dementia unit at Our Parents Home and the hairdresser, manicurist and podiatrist are accessible to participants at affordable prices.

Social worker, Marlene Friedlander, comments: "Attending the programme reduces isolation and feelings of loneliness. It ensures a stimulating and interesting environment, providing people with a sense of purpose. And families feel secure in the knowledge that their elderly loved ones are being well cared for and are spending their mornings in a protective and productive setting."



Dining-room at Our Parents Home.

If transport is a problem, help can be arranged to and from central areas.

The programme runs Monday to Friday from early morning until 13:30 all year round, closing only for Yomtovim and public holidays.

- For more information please contact Marlene on (011) 489-7000.

home sweet home


Our
Parents
Home

FOCUS ON: THE GOLDEN YEARS

Luxury, secure retirement at the Pembury Lodges



DISCERNING RETIREES need look no further. Pembury Lodges offer all the extras for a gracious retirement with delicious meals, spacious rooms, entertainment, regular outings and organised craft activities.

These services are provided 24hours by private medical professionals, including a registered nursing sister. Our lodges, situated in

established areas (Sandton, Melrose and Bryanston) are under 24 hour protection.

We have a driver available for each lodge for visits to the local shopping malls as well as weekly visits from a hairstylist and podiatrists.

Each lodge has beautiful maintained gardens. Two of the lodges have pools for those

residents wanting some added exercise. Our best feature is our staff who are caring, devoted and friendly and make each lodge feel just like home... but a whole lot easier.

Who says it better than our residents: "We have been here eight happy years and we have not regretted our decision," - Arnold Shapiro, Pembury Melrose.

The 'Comfort CareGivers' concept provides peace of mind

ANDREW MCLACHLAN, owner/CEO of the Pembury Group of Retirement Lodges, identified an enormous gap in "assisted living" for our ageing citizens, which led to the launch of his newest and brightest venture, "Comfort CareGivers".

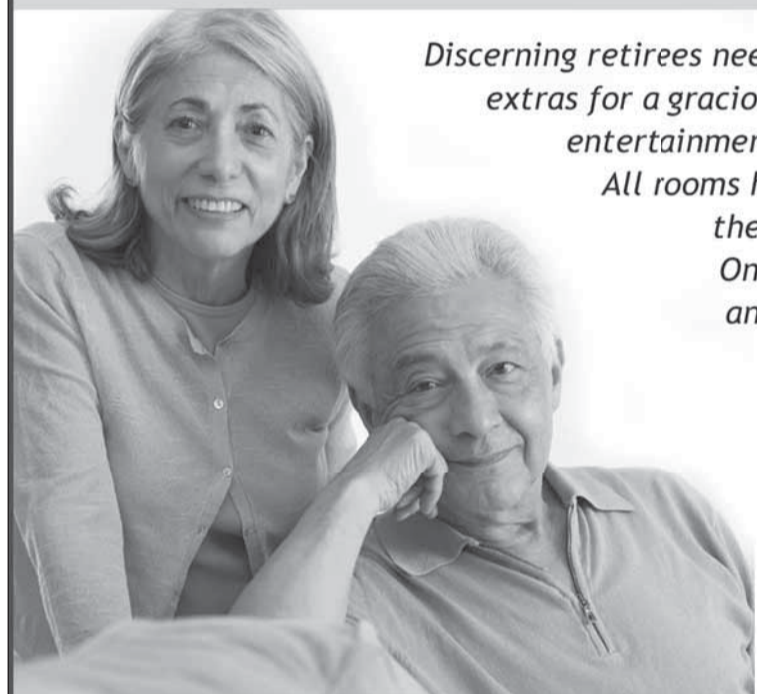
"I believe so many of us have had the dilemma of giving our parents the best care available in their 'golden years'," he said.

Particularly in South Africa where unfortunately many of "our children" have had no choice but to emigrate, which leaves them feeling hugely guilty. We feel this will give families peace of mind all round.

So many of the elderly have lived full and enriched lives and don't always want to leave their homes, even if there are health and capability issues.

Luxury, secure retirement at Pembury Lodge Melrose

Melrose between 09:00 - 16:30 (011) 327-1700 / Sr Estelle Thomas 079-178-6550



Discerning retirees need look no further. Pembury Lodge offers all the extras for a gracious retirement. Delicious meals, spacious rooms, entertainment, three levels of medical care and much more. All rooms have en-suite bathrooms and M-Net/DSTV, while the suites have a kitchenette and separate lounge. Only mouth-watering, hearty and nutritious meals and snacks are served in our modern dining rooms.

PEMBURY LODGE OFFERS:

- Independent living, mid and frail care • Caring and friendly staff
- Secure luxury retirement • Registered professional nurses
- Weekly entertainment, shopping and beauty care
- No capital investment required - only monthly rentals from R9 000

Sandton between 06:30 - 14:30 (011) 883-9313
Matron Van Eyssen 084-760-7797

The ultimate combination of lifestyle and location is waiting for you!

• SANDTON • MELROSE •



Well, Comfort CareGivers is offering that option: A concept that many of you know is very successful in Britain, the US and Australia.

Andrew believes South Africa is more than ready for this type of service and the response they have had to their advertising has been overwhelming.

Comfort CareGivers offers four grades of "caring, companionship and assisted living". We come to your home to care for you, should it be post-op care, ongoing hygiene assistance for bedridden or frail people, meal preparation, medication control, exercise and general companionship.

Then there is the facility of companions doing shopping, driving patients to doctors' rooms, etc. We offer free services of trained sisters and managers calling on all our clients regularly, to maintain standards and offer extra assistance.

It is a very flexible system that we design around the client's needs - anything from two to 12 hours every day and in urgent cases the option is available for 24-hour care.

All our caregivers are thoroughly screened and trained, with the emphasis being on compassion and integrity.

NOW YOUR PARENTS CAN LIVE AT HOME

Senior homecare by Comfort CareGivers helps to relieve the burden on families and loved ones caring for seniors in their own homes. We can regain a valuable senior independence by keeping them where they want to be.

- From 2- 12 hours every day or as required
- Light housework
- Hygiene assistance
- Meals
- Companionship
- Shopping
- Keeping medical professionals updated through assessment and feedback



COMFORT CARE GIVERS

"Caring people ... Caring for you at HOME"

Call Now!!

Jenny 082-074-9485 or (011) 431-0285/4/3
e-mail: info@comfortcaregivers.co.za
or www.comfortcaregivers.co.za

FOCUS ON: THE GOLDEN YEARS

Now clear cell phone communication for hearing aid wearers

THE ROLE OF communication is rapidly growing in today's world. The world's leading hearing aid manufacturer, Phonak of Switzerland, has been working continuously on providing direct and easy access to communication systems such as phones, cell phones, MP3 players, laptops and TVs to hearing aid wearers through wireless technology.

Phonak's new "Click 'n Talk" is a revolutionary new product that transforms the listening experience for Phonak hearing aid wearers who utilise cell phones for personal and business communication.

"We are absolutely delighted to be able to present convenient and intuitive interface options for unlimited access to the modern communications world.

It is now easy to enjoy the voice of a loved one on a cell phone, a favourite television programme, a delightful song from an MP3 player, and much more," says Nico van der Merwe, of Phonak South Africa.

"With our latest solutions, the freedom of wireless connectivity is available for every client, regardless of budget and degree of hearing loss."

Click 'n Talk is just one of a new range of solutions introduced by Phonak for unlimited access to the ever-expanding world of communication.

Click 'n Talk streams cell phone calls in digital sound quality to both hearing aids simultaneously.

Phonak applies this modern concept also with a host of other applications, including listening to the TV, in ways that benefit the hearing impaired.

Click 'n Talk - at last an easy-to-use cell phone link

The unique mobile phone link Click 'n Talk is a wonderful solution for cell phone users that use Phonak's latest CORE hearing aids.

The three main advantages are best digital sound quality, excellent stability between the unit and the cell phone and ease of use.

Charging, programming and fitting are not required - the user simply clicks the device to a mobile phone and is ready to go. Click 'n Talk ensures that the signal is heard in stereo (in both ears) as soon as the user holds the mobile phone to his ear and offers a superior sound experience on the phone.

Click 'n Talk is available from ear institutes and Phonak partners countrywide and demonstrations are free and without obligation. An added reassurance for people with a hearing loss is that Phonak guarantees customer satisfaction by offering a full refund through its unique 30 day money-back guarantee.

Patient feedback

"Click 'n Talk for my cell phone was the first telephone solution in a long time that allowed me to make phone calls relatively easily.

"I could hear the person at the other end speaking into both my ears, regardless of which one I held the phone next to and I could understand more or less every word. It was just great!"

• Anyone wanting to learn more about Click

'n Talk will get all information from the following websites: www.phonak.co.za or from www.earinstitute.co.za or call Phonak on 0861-10-20-30.



'Click 'n Talk' for Hearing Aids!



Phonak's new 'Click 'n Talk' module seamlessly connects your cell phone to your hearing aids.

Visit us for a demonstration and find out about our exciting FREE packages on this great new Phonak invention that's designed to dramatically enhance your cell phone listening experience when you buy any of Phonak's latest hearing aids.

'Click 'n Talk' is the unique, smart solution for cell phone users with Phonak's latest hearing aids – combining the best sound quality. No charging, no programming – just 'Click 'n Talk'!** Also ask about Phonak's unique wireless Bluetooth connection for your TV. Only Phonak guarantees your satisfaction or your money back!*

Special Offer! FREE Cell Phone & 'Click 'n Talk' when you buy any 2 Phonak wireless hearing aids*

PRETORIA
Tel: (012) 333-3130

BRYANSTON
Tel: (011) 463-0321

ROSEBANK
Tel: (011) 880-4585

EAST RAND
Tel: (011) 849-3027

WEST RAND
Tel: (011) 954-5536

Phonak is available countrywide from
EAR INSTITUTES*
www.earinstitute.co.za

PHONAK PARTNERS
www.phonak.co.za

* 30-day money back guarantee
** Only works with Sony-Ericsson mobile phones *While stocks last

FOCUS ON: THE GOLDEN YEARS

Rand Aid Association - efficient provider of serene retirement accommodation

Rand Aid Association, founded in 1903, is a registered non-profit organisation providing a range of care and accommodation services to older persons.



HISTORICALLY THE organisation focused on accommodation and frail care for less fortunate older persons as well as treatment for persons with addiction problems. These services are still continuing and demand far exceeds capacity.

In response to the need for safe, secure, quality accommodation with related health-care and lifestyle benefits, in the 1980s Rand Aid started to develop retirement villages that are sold on the life rights basis.

The first development (Elphin Lodge) was an immediate success and demand for expansion grew rapidly. Currently Rand Aid operates three life rights villages consisting of 611 cottages and apartments. It also has rental accommodation in 300 apartments.

Rand Aid offers a range of supportive

services to ensure peace of mind to its residents. The levies include:

- village nurse
- 24 hour emergency response service
- 24 hour gate access control and extensive security
- 24 days per annum recuperative care
- Practical services to enhance daily living, eg maintenance, gardening and domestic services and daily postal delivery.
- Water, electricity and rates

We also offer transport to major shopping centres and have beneficial contracts with podiatrists, physiotherapists, beauticians and hairdressers on site.

The villages boast community facilities such as libraries, clubhouses, snooker rooms, card rooms, swimmingpools and spacious well-tended grounds where walks can be enjoyed in safe surroundings.

The Ron Smith Care Centre at Elphin Lodge provides 24-hour, quality nursing care to 160 persons who are not able to live independently. This facility is available to all village residents as well as persons from the community in need of frail care.

- For more information on Rand Aid services, contact Ronelle on (011) 882-2510 or visit www.randaid.org.za

From a small seed a big tree has grown

Flower Foundation is a non-profit organisation which was established in 1963. It was built on faith and dedication and started in the Kensington area, with our three founders, Moray Franz, Dr Archie Borowitz and Florrie Richter.

FROM A SMALL seed a great tree has grown, and Flower Foundation now offers accommodation to those aged 55 and over, in eight locations around Johannesburg.

Active persons are accommodated in 1-, 2- or 3-bedroom cottages or flats. They live independently and cater for themselves. The advantage of living in our villages is that there is always someone around to respond to an emergency call.

Nursing staff are always on site or on call. Activities and entertainment are arranged to keep residents active, healthy and interested in loving life.

For future care needs, Flower Foundation offers "Mid Care" accommodation in spacious bedsitters, where meals and laundry are catered for, and nursing staff assist with daily living activities.

When a resident becomes too frail to manage in "Mid Care", our "Frail Care" facilities of-

fer 24 hour nursing care.

Due to the growing number of elderly people developing Alzheimer's/dementia, and the specialised care it requires, we have a specialised Alzheimer's and dementia centre in Kensington called Cosmos House. All staff have been specially trained by Alzheimer's SA.

Our mid care and frail care facilities are not only for cottage residents, but are also available to non-residents.

We pride ourselves on having some of the best nursing care in South Africa, as well as high standards in our villages. Gardens are always well manicured and the surroundings always clean and welcoming.

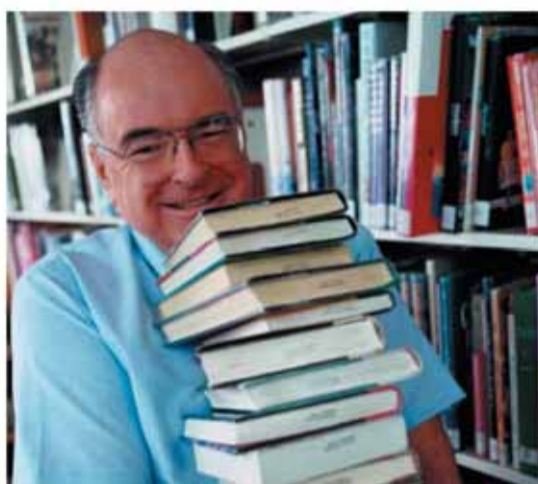
- If you are interested in visiting any of our villages, or for more information, please contact us on (011) 781-4920, or visit our website www.flower.org.za for a comprehensive list of our homes, prices and purchasing structure.

Cottage in Orchid Place, Lower Houghton.



TRANQUIL RETIREMENT in serene surroundings

Rand Aid Association's retirement facilities offer luxury and spacious accommodation, with extensive support services, set in beautiful garden settings.



They include:

- Elphin Lodge, near Lyndhurst, with 223 one and two bedroomed apartments and cottages. Contact Elphin Lodge at 011 882 6296.
- Inyoni Creek next to Elphin Lodge with 175 one, two and three bedroomed apartments and cottages. Contact Inyoni Creek at 011 882 2510.
- Thornhill Manor in Modderfontein with 213 two and three bedroomed cottages. Contact Thornhill Manor at 011 608 2480.

The Ron Smith Care Centre, situated in the grounds of Elphin Lodge, provides 24-hour nursing care to 160 older persons who are not able to live independently. It offers comfortable private rooms; 24/7 professional nursing care; doctor, physiotherapy and occupational therapy; nutritious meals; laundry service; attractive surroundings and good security. Podiatry, hairdressing and a beautician are on site, at reasonable rates. Contact Ron Smith Care Centre at 011 882 6296.



For more information about all of these villages, visit www.randaid.org.za

RAND AID
assist. alleviate. accompany.



FLOWER FOUNDATION RETIREMENT HOMES

NPO 000-836

NORTHCLIFF | RANDBURG | ROODEPOORT | KENSINGTON | WAVERLEY | HOUGHTON

Flower Foundation is a non-profit organisation founded in 1963. Our aim is to provide suitable accommodation and care for men and women over 55.

We have a variety of accommodation to offer you:

Independent: Residents care for themselves in cottages and flats with no assistance.

- Flats from **R150 000** to **R560 000**
- 1-bed cottages from **R250 000** to **R805 000**
- 2-bed cottages from **R400 000** to **R1 010 000**
- 3-bed cottages from **R955 000**

Mid Care: Residents are provided with meals, laundry and limited daily assistance.

- Suites from **R45 000** to **R220 000**
- Monthly rentals from **R6 000** per month

Frail Care: Residents are provided with meals, laundry and 24 hour nursing assistance.

- 4-bedded ward from **R6 720** per month
- 2-bed ward from **R6 950** per month
- Private rooms from **R7 200**

- Specialised Alzheimer's and dementia care from **R8 053** per month

Flower Foundation Care Facilities are staffed by registered matrons and nurses.

Flower Foundation Retirement Homes

Tel: (011) 781-4920, Fax: (011) 781-4931, www.flower.org.za or info@flower.org.za

FOCUS ON: THE GOLDEN YEARS

Sandringham Gardens - a home with heart



SANDRINGHAM GARDENS has been caring for the Jewish aged in Johannesburg for close to 100 years.

This residential facility is haven and home to over 500 senior citizens, many of whom are, badly, in need of long-term hospitalisation.

For those in the residential section who are well enough to enjoy the wide range of amenities on offer, regular entertainment, outings, in-house functions, religious lectures and a beautifully maintained "heimish" shul, with services three times daily, are on hand.

Also available are a hairdressing salon, library and nosh bar which supplies delicious snacks at excellent prices. Tasty and nourishing food is prepared by the professional catering team who pay faithful attention to special dietary requirements.

Naturally, healthcare is an essential component in a facility of this nature and the community medical centre provides professional and excellent co-ordinated medical care to those in need of it.

Its services are offered to Sandringham Gardens residents and to all residents in allied Chevrah Kadisha facilities. Physiotherapy, radiography, dentistry, speech and hearing, as well as a fully-equipped pharmacy, are all part of the centre. There are five fulltime general practitioners and a large nursing staff. Access to visiting specialists is arranged.

This remarkable residential facility is a warm and caring place and sits amidst beautifully cultivated and maintained gardens which, weather permitting, the residents enjoy enormously.

"I am very happy at Sandringham Gardens," said a resident who recently moved in. "I am never lonely and have made new friends. I know everybody and am kept busy."

"The medical staff and cleaners are wonderful. The food is excellent and healthy. If I need any extra help I can ring a bell. My room is comfortable, fully carpeted and north-facing and it's always kept clean."

• For more information you may call (011) 532-9669.

If its mobility or homecare equipment, the name is Clinical Emergencies

ESTABLISHED IN 1949, Clinical Emergencies provides a comprehensive range of mobility, homecare and general medical equipment, some of which is also available on a rental basis. We offer repairs to wheelchairs and other medical equipment.

Working together with family, caregivers and the user, we aim to provide the most suitable solution to ensure our clients' comfort and for them to achieve the most mobility and independence possible.

Our showroom and workshop is centrally and conveniently situated in Johannesburg Road, Lyndhurst in Johannesburg, with easy access and safe on-site parking.

Goods are supplied throughout South Africa.

A few of our products include:

Mobility aids

Motorised scooters, wheelchairs, walkers, walking sticks, crutches.

Bathroom aids

Bath and shower seats, motorised bath lifts, tap turners, non-slip bath mats, grab rails, commodes, toilet seat raisers.

Bedroom aids

Beds, cot sides, wedges, hoists, patient lifting devices.

Incontinence

Incontinence garments, linen savers, waterproof mattress protectors, catheters, stoma products.

Pressure care

Medical sheepskins, inflatable mattresses, eggbox mattresses, cushions.

Assistive devices

Dressing sticks, button and zip puller, easy reachers, angled and built-up cutlery, keep warm and non-slip crockery, long handled shoe horns and long handled sponges.

Respiratory

Oxygen, Pulse Oximeters.

General

Blood pressure units, heating pads, Sigvaris compression stockings.

Contact us

137a Johannesburg Road, Lyndhurst, 2192
 PO Box 891186, Lyndhurst, Johannesburg 2106.
 Tel: (011) 443-9093; 443-9081/2,
 fax: 086-602-0989,
 e-mail: clinical@icon.co.za, you can reach us on our website: www.clinicalemergencies.co.za

Importance of right dentures and denture care

GOOD LOOKS, clear speech, and the ability to chew well is what every patient expects from his/her dentures.

Dental technicians are the professionals who work behind the scenes, specialising in the design and manufacturing of all dental prostheses.

They work on models that simulate the mouth, and not on the patient directly.

Here are a few tips from the Dental Technology Association of South Africa.

About dentures

The aesthetics and functionality of dentures, largely depend on the remaining ridges in your mouth to provide the necessary support. Bone loss occurs after tooth extractions.

This shrinkage of the bone continues and together with the thinning of the gum tissue, is responsible for ill-fitting dentures.

The rigid dentures do not shrink like the hard and soft tissue of your mouth, and thus causes friction. This is when chewing becomes

more difficult, dentures starts to hurt and tends to break.

Friction causes more bone loss, and needs to be stopped by having your dentures relined, or having a new set made every three to six years.

Cleaning dentures

Rinse dentures after every meal with hot water and scrub once a day with a stiff brush and toothpaste. Commercial denture cleaners alone are not adequate to clean dentures properly.

Why do dentures break?

Dentures may break for a number of reasons. One of the main reasons is because they do not fit well. Think of a ceramic plate, placed on a stone. What will happen if you put pressure on the plate? It will break!

If your dentures do breaks?

Never try to glue the pieces together yourself. Do not use "home relining kits". The material is very porous and will result in compromised hygiene, may be toxic and may lead to a bad taste and smell in the mouth.

Clinical Emergencies

Tel: (011) 443-9081/9093 | Fax: 086-602-0989 | Address: 137A Johannesburg Road, Lyndhurst, JHB.

holistic and wholesome care since 1912



FOCUS ON: THE GOLDEN YEARS



Show house.



View from lounge.



FOREST VILLAGE
ON
Brettenwood

Retire in Style

Visit our new website

www.forestvillage.co.za

A dream lifestyle for those over 50 at Forest Village

A life changing decision... Forest Village is a sectional title development within the prestigious Brettenwood Coastal Estate on the KwaZulu-Natal North Coast, offering active over 50s a lifestyle we dreamed about.

THAT DREAM IS now a reality: birdwatching along beautiful treed walking trails; fly fishing in peaceful surroundings on one of the lovely dams on the estate; fun in the community centre; and the odd check-up with the resident nurse when one wants peace of mind...

Forest Village offers two- and three-bedroom free-standing luxury homes with a choice of finishes in the design of your kitchens and the choice of your floor coverings.

Forest village is a retirement dream come true... lock up and go to the game reserve two hours up the road, shopping centres, restaurants, the beach and the new airport to wing you to faraway places and grandchildren

Why not go to our website to find out: www.forestvillage.co.za and see how to change your life.



Enter your details and stand a chance to

WIN a trip to visit your grandchildren ANYWHERE IN THE WORLD...

up to the value of **R25 000**

plus win monthly **WOOLWORTHS** vouchers to the value of R3000

go to www.forestvillage.co.za/win

The beauty of living at Forest Village is the lifestyle, walking trails, bird watching, fishing, tranquillity and total peace.

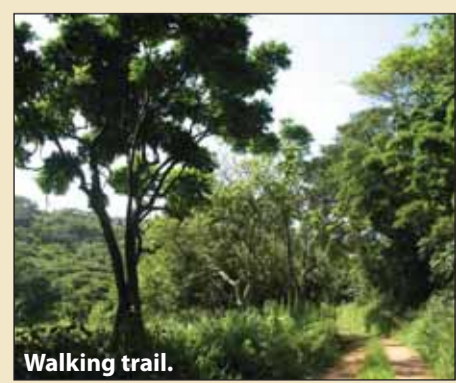
Make your choice from two and three bedroom sectional title freestanding homes.



For further information, contact 082 658 1181 or email: bev@brettenwood.co.za



Show house patio.



Walking trail.

FOCUS ON: THE GOLDEN YEARS

Through Nechamah, Hospice and frail care for Jewish elderly

THE NECHAMAH PROJECT is an on going initiative from Hospice Witwatersrand for the Jewish community of Johannesburg, and is used to fund home-based care and extended frail care in the Houghton in-patient unit, for those members of the Jewish community who cannot afford to pay for these services.

Care of the terminally ill, as provided by the Hospice Association of the Witwatersrand, is a specialised area of expertise, and most of this care is undertaken in the patient's own home.

These patients are referred to us by their own physicians, their families or the Jewish organisation involved. At any one time, the number of Jewish patients in home care, the

in-patient unit or receiving psychosocial counselling, is around 12 per cent of the total patient numbers of Hospice at Houghton.

In the current economic climate, with the reductions in the interest rate, those elderly people who thought that they had made adequate provision for their retirement, and who are living on fixed interest, are finding it increasingly difficult to cope with health crises, and suffer when they reach the end of their medical benefits for the year.

This is also true of the Jewish community, and increasingly, we are finding that the young families who have emigrated, leaving their parents in South Africa, are not able to assist them financially as they are also under pressure due

to the global financial crisis.

The association of Hospice with the Jewish community has spanned the 30 years of Hospice's existence, and is one of harmony and mutual benefit. We are happy to assist where the particular case fits our criteria and for our in-pa-

tients, we buy-in kosher meals when required.

Our observant patients are visited regularly by members of the rabbinate and the community, and we also have a room set aside for family gatherings, Jewish prayer and meditation, called the "Nechamah Room".

You can put a twinkle into the twilight years

IF WE ARE lucky enough to live long enough, we all reach the twilight years. That is the time that we sit back and reap the benefits of hard work over long years. It is so sad to see these years sometimes turn into lonely long hours needing to be filled, empty days, children living far away or busy with their own complicated lives.

The one certainly for those of us who remember what life used to be like a generation ago, is that times have changed and in order for us to move with these times, we too must change. We must be proactive in making our lives as meaningful and fulfilled as possible. And if that makes life a little easier for us that is an extra bonus that we deserve.

The obligation to "make things happen" remains our own, whatever our age. The decision to take advantage of a magnificent Jewish home on our own doorstep is one of common sense and integrity. Today's older generation of our community all contributed to the establishment of Jaffa - it was built by us - for us.

We built a "Home", not a hospital. The time has now come to enjoy the fruits of the place we established. Don't wait for a disaster - the frail care is full and we cannot accept hospital patients unless they are residents at Jaffa already.

What does Jaffa offer us? Why not come and see. It is a beautiful home in a magnificent garden in the eastern suburbs of Pretoria. We offer single and double accommodation of various sizes and configurations, allowing our residents home-from-home comfort surrounded by familiar objects and furniture.

Run by a dedicated, caring staff, it offers three wholesome kosher meals a day with midday breaks for tea.

Daily activities include outings, meetings, visitors, lectures, shiurim. Entertainment organised by qualified staff and eager volunteers, gives you the option of being creative, artistic, challenged, stimulated, useful or a couch potato if that is your choice!

Security of every kind is provided. Whether physical or medical, there is staff on duty every day and night to look after residents' welfare and there is a medical hierarchy to answer all medical requirements, service and emergencies. Care is paramount.

Jaffa is a community centre. Visitors from overseas and locally attend Jaffa regularly to share their experiences and knowledge. Jaffa is the heartbeat or the social pulse of Pretoria Jewry.

Your privacy is respected. Attending any function or activity is your choice. You dictate your own way of life. It is a place in which you can share, where you can choose your company. You have opportunities. You have enter-



Lobby entrance.



Frail care garden.

tainment.

Come and grow with us. Make new friends; meet up with old ones. Reintroduce meaning and enthusiasm into each day.

We honour our elderly - come and join us and enjoy that very special privilege. You will be warmly welcomed.

**Hospice
no end
to caring**

Hospice Association
of the Witwatersrand

Join Hospice in lighting up the tree of hope and remembrance at the Johannesburg Zoo by logging onto the website and purchasing a globe. Use your light to cherish a special memory or to send a gift of hope, joy and Channukah cheer!

Your dedication will appear on the website.

www.tree-of-light.co.za | 0861 HOSPICE



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A true home from home...

This elegant, spacious home for the aged, offers community living but still allows for freedom and privacy. It is situated in beautiful, tranquil gardens in a suburb of Pretoria and offers 5-star fully serviced accommodation with food of the highest home-made standards.

Facilities - Single rooms or suites with kitchenettes, all with own bathrooms. Highly qualified medical and nursing staff. Permanent or temporary frail care section for post-operative or acute care.

Entertainment to suit all - Discussion groups, video evenings, musical appreciation, cultural activities, bridge, rummy, scrabble and other card games,

Other conveniences: Library, small shop, banking facilities, beautician, hairdresser, manicurist, podiatrist, all available on the premises.

Healthcare: Social worker, occupational therapist and physiotherapist with daily programmes and classes.

Transport available for outings to theatres, shopping malls and/or medical needs. Parking facilities available.

Friday night - Orthodox Shul service on the premises. Progressive Congregation within walking distance.

We look forward to meeting you and offering you a personal tour of Jaffa (DVD available on request).

