



## A Christmas Message from our MHA Board and the Head Office Staff

*"May this Christmas be a  
Blessed time for all our  
Residents, their Families and  
Our Readers. May the New  
Year be a joyful, happy, healthy  
and peaceful one".*



### EDITORIAL

A privilege accorded me as the compiling scribe of "MHA on the Bay" was the opportunity to visit each one of our Methodist Homes Villages here in Port Elizabeth. Having only moved into our cottage amongst the 28 at Irvine Villa in May 2011, I had a fairly introspective view of our village and no real appreciation of the scope of the Methodist Homes in Port Elizabeth.

Following my visit to the other villages I am in awe of the vision and courage of those original Board Members who embarked on the concept of providing housing for retired persons.

During September framed Mission Statements were distributed for display in the villages. On this Statement the Purpose of Methodist Homes reads as follows:

*"To create, sell, maintain and manage, as an association  
not for gain, according to Christian values, facilities and  
services which endeavour to provide  
peace of mind and quality of life  
for retired persons."*

One cannot but admire this credo and the commitment of succeeding Board members and staff to build on what has been created with a view to the furthering the peace of mind and happiness of our residents.

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## WESLEY GARDENS CELEBRATES 25 YEARS

A celebratory finger luncheon was held for residents at the Wesley Gardens Village Hall on Friday 26<sup>th</sup> October 2012. Among the dignitaries who attended were Mrs Lynne Lawson, recently resigned Chairman of Methodist Homes and Mr Bob Zeiss who was chairman of Methodist Homes at the time of the opening of the village 25 years ago. It was wonderful to welcome Mrs Jill Andrew who was one of the first residents to have moved into the village with her husband all those years ago.



**At the luncheon were Mrs Linda and Mr Rowan Willcock, newly appointed Director of Methodist Homes, Mrs Lynne Lawson, Mr Bob Zeiss and Mrs Jill Andrew**

Master of Ceremonies for the celebration was Mr Tom Harvey who gave an excellent talk on the advantages of being old and cared for in Wesley Gardens. Our General Manager Mr Hein Barnard read Psalm 23 while Mr Harvey said Grace.



**Mrs Louise Galpin**, one of residents at Epworth Close, is an indefatigable golfer who, at 95 years of age, still enjoys a round of golf with her daughter, Pat, and son-in-law, John Bartels, and on occasions with other friends, four days a week at the P E Golf Club, weather permitting. Mrs Galpin is an honorary member

of the P E Golf Club and has served as Captain and President of the Senior Ladies at the Club. On the occasion of her 59<sup>th</sup> year as a golfer at the club she was presented with a special trophy commemorating her golfing achievement at a function held in her

honour. She talks very proudly of the fact that, despite her best handicap of 17 she holed out in one at the Humewood Golf Club, where she was also a member, which cost her the traditional round of drinks in the Club House.

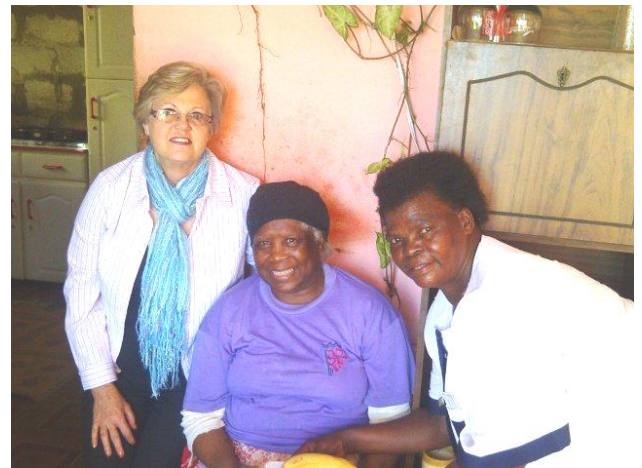
Mrs Galpin has two children, who both live in Port Elizabeth, and is very proud of and misses the six grandchildren and 2 great grandchildren all of whom live in the USA.

## METHODIST HOMES OUTREACH PROJECT

In the September Issue of "MHA on the Bay" we reported on the wonderful compassion of the folks at Cassia Gardens, who regularly assist other charitable organizations and needy persons which are nominated at their monthly "Afternoon Birthday Tea Parties".

What many of us didn't know was that in 2005 Methodist Homes started a project known as the Nikithemba Community Project, the object of which was to provide daily meals to 60 disadvantaged elderly residents who were members of the John Masiza Methodist Church in Walmer, Gqebera.

After 7 years, the project is still continuing with five ladies providing meals and caring for the elderly on a daily basis. It is with pride that we have learnt that many of the ladies who were part of the initial group of 6 care givers are still with the project.



**Chairman Lynne Lawson with one of the recipients with a care giver at the Nikithemba Project**

We are pleased and thankful to report that as from 1<sup>st</sup> September 2012 the project is being strengthened by a three way partnership with Echo Foundation providing much needed administrative and supervisory services; Methodist Homes continuing to provide the financial support for the project and John Masiza Church ministering to the spiritual needs of the beneficiaries of the project.



## THE C PHILIPSON BRADFELD HOME

The Home has featured prominently on the Agenda of the Methodist Homes Board this year. It was decided that there were four areas at the Home that needed particular attention.

- The limitations of the two general wards which provided single gender accommodation for four patients in each.
- The poorly designed, unfriendly and impractical layout of several bedrooms.
- The dated appearance of the main lounge and sunroom.
- The congested table seating and kitchen facilities in the main dining room

All of these areas have been upgraded with extensive alterations. The previous 4 four bed wards have been converted into six single bed rooms providing greater flexibility and privacy in terms of gender placements.



**Mrs Anderson in her new bedroom with Mildred Kendle and Amanda Noxele**

Matron Margie Kampman, the Nursing Services Manager, is very proud of the improved layout of several rooms which now allows for a much improved personal touch by residents.



**The greatly improved Kitchen area of the main dining room with Theodora Bawo and Amanda Noxele**

The dining room has been expanded with an upgraded kitchen and serving areas which has made wheelchair access easier for all.

The extent of the home is impressive with 35 bed-sitters and accommodation for 34 frail care patients. Normally there are four rooms set aside for emergency care and post operative recuperation. There are 20 care workers, 2 enrolled nurses and 4 professional nursing sisters. Catering is outsourced and the complex maintained and kept in spotless condition by 10 cleaning staff. Matron Margie is ably assisted by a half day administration assistant.



**Newly furnished Sun Room**

Once all the alterations had been completed a celebratory "Hat Party" was held for residents and staff.



**Having a great time at the "Hat Party" were Mrs Elizabeth Adey, Beryl Watkiss, Eve Sullivan and Mrs Mason.**

During your editor's visit to the home he was impressed by the warmth and empathy shown to the residents by the staff. The overall impression is one of a highly professional care facility of which we can all be very proud.

Senility Prayer: "Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference

## CHANGING OF THE GUARD

Mrs Lawson attended her last Board Meeting on 6<sup>th</sup> November when she formally handed over the reins of office to our newly elected Chairman Mr Odwa Mtati, a well known and respected businessman of Port Elizabeth.



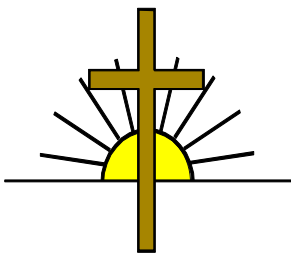
**Mrs Lynne Lawson formally hands over the Chairmanship to Mr Odwa Mtati at the Board Meeting**

We welcome and congratulate Mr Mtati on his appointment and wish him many happy and successful years as Chairman.

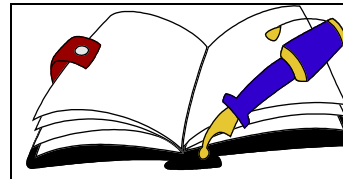
Mr Mtati has his roots firmly placed in Port Elizabeth and the Eastern Cape. After matriculating he studied at the Vista University where he obtained a Bachelors Degree in the Arts followed by a degree in Jurisprudence. He has specialised in developmental consultancy roles for many firms and for many local and regional government programs. Mr Mtati has valuable experience as a counsellor, public relations officer and marketing consultant.

Recent noteworthy appointments are his three years (2006/2009) as Chief Executive Officer of the Port Elizabeth Regional Chamber of Commerce and Industry (PERCCI). In 2010 Mr Mtati established his own company Jupilog (Pty) Ltd an Economic Development & Business Solution Company of which he is the sole Director.

Despite his impressive CV and his several business achievements, involvements he is interested in sport, is a prolific reader and likes to travel.



*But seek ye first the Kingdom of God, and his righteousness; and all these things shall be added unto you.*  
*Matthew 6:33*



## WHEN LAST DID YOU LOOK AT YOUR WILL?

The comments of Judge JA Leach in a recent court case, details of which were published in June of this year, should be a wake up call to us all.

“It is a never-ending source of amazement that so many people rely on untrained advisers when preparing their wills, one of the most important documents they are ever likely to sign”.

Life is becoming more and more complicated with new tax laws and statutes emerging every day. It is therefore important that your will is properly prepared to ensure that your loved ones are not unnecessarily burdened when you are no longer there.

## WHO SHOULD YOU CHOOSE AS AN EXECUTOR OF YOUR ESTATE?

This is a question we have all needed to address. What does an executor do in any case?

We are all going to be called to “higher office” some time in the future. When that time comes someone is going to have to wind up your affairs and distribute your assets to those you have nominated in your will, usually your family.

However it is not as simple as that. Your executor firstly needs to be appointed by the Master of the High Court. The present practice is that only firms or individuals who can demonstrate that they understand the process and have the necessary skills and experience to administer a deceased estate will be appointed.

If you choose someone who will not qualify - that person will have to appoint an agent who meets the necessary criteria. This is the choice you should rather make in your will.

In the March 2013 issue we will explain what an executor's duties and responsibilities are.

*Many thanks to Mr Kevin Helm of the CA Trust Company who contributed this article*