

methodist homes



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MHA on the Bay

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Easter Greetings from the Board and Management

Come share our Easter joy
That death could not imprison,
Nor any power destroy,
Our Christ, who is arisen!

[F. Pratt Green - Hymns & Psalms 213]

*"Why are you looking among the dead for one who is alive?
He is not here; he has been raised."* [Luke 24: 5/6 GNB]

EDITORIAL

You may have noticed in the press of late that several developers seem to be entering the retirement village market. These developers' principal objective is to sell their sectional title units as quickly as possible and move on leaving the buyers to get on with administering the development.

Also of note is that some well-established retirement/old age facilities in Port Elizabeth are under financial duress to keep monthly rentals within the ability of residents, many of whom are social service pensioners.

The "Life Right" option afforded to us provides well protected comprehensive legislation with well formulated contract documents entered into between the Methodist Homes and ourselves as occupants.

Advantages attributable to the "Life Right" scheme are that it is not profit driven.

Methodist Homes is an established organisation who has, over the years, developed accommodation for the aged in units built and owned by them in well managed complexes.

The advantage in acquiring a "Life Right" to occupy a unit in one of the villages is inestimable. Levies are predetermined for stated periods with maintenance built in and the responsibility and prerogative of Methodist Homes.

It is most important to understand the right of occupancy and what your rights and valid expectancies are. Invariably buying a life right is cheaper than buying a sectional title unit and knowing what future levies are and not being subject to unexpected rental increases.

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This edition is kindly sponsored by the Joubert Family.

NEWS FROM THE BOARD

The primary focus of the Board and the Staff is the welfare of you, the residents. We are constantly seeking ways to improve on what we offer and what we do. In years gone by we sometimes didn't have the financial resources to do all that was asked of us by residents and staff. We hope to be able to do more in the future.

The board will shortly be holding another strategic planning session. There is no agenda yet, but we hope to be dealing with critical issues like:

- The impact on our business due to the fact that people are living longer.
- Continued affordability and sustainability of our offerings, particularly frail care.
- The perceived need for more "bedsitter" accommodation units.
- The non-negotiable requirement that our staff are well-trained, motivated, monitored, and properly rewarded for the wonderful work which they do.
- Regularly upgrading and improving our existing facilities, so that they remain attractive, comfortable, safe and secure.
- Protecting those residents who become vulnerable because, for example, they no longer have the financial means to survive. We will not abandon them.
- Responding to the ever-increasing need for our accommodation (our waiting list grows daily).
- Protecting ourselves against increased legislation, challenges around labour, increasing cost and quality of services including external health care, municipal services (water, electricity).

We must remain positive, and I can assure you that the Board, the General Manager and all Staff are totally committed to your welfare, happiness, good health and your enjoyment of your surroundings. We want you to be proud of where you live, and grateful for how you live. It is our task to do all in our power to ensure that.

submitted by Board Director Malcolm Stewart

PALLIATIVE CARE TRAINING FOR ALL METHODIST HOMES HEALTH CARE WORKERS.



Group photo of our trainees. Sadly we couldn't squeeze them all into the photo

Our nursing staff at the Bradfield and Maranatha Homes recently attended a two and a half day course on specialised training in Palliative Nursing Care. The course was presented by Sanet Marx of St Francis Hospice.

The National Hospice Association sponsored the course which was also attended by staff from the Stella Londt and Louisa Myburgh Homes. During the time our staff were on the course, relief staff were employed to keep the wheels turning.

The staff were taught how to apply the basic universal principles of preserving a patient's dignity; respect for the patient as a person; allowing the patient access to information and the rights of the person to appropriate treatment and spiritual care, all of which comply with Resolution 46/91 approved by the United Nations on the Rights of the Elderly on 16 December 1991.

Each staff member received a certificate for Palliative Care Nursing after they completed their training modules. In facilitating the course Methodist Homes has made an invaluable investment in our staff's proficiency and ability for the benefit of our residents.

Margie Kampman -Nursing Services Manager



You and Your Security

Unscrupulous fraudsters and petty criminals are increasingly preying on vulnerable senior citizens who are seen as "soft targets".

Here are some valuable hints and tips to bear in mind taken from the ADT Website.:

Safety begins at home:

- Ensure your locks on doors are in working order
- Don't hide keys under the doormat, in the mailbox or in a pot plant. If needed, leave a spare key with a family member, a trusted neighbour, or the village manager.
- When service or delivery people come to the door, if you don't know them, ask for identification and check with their company if you're still not 100% certain about their identity before you let them in
- Make sure that the number on your unit is large, well-lit and unobstructed so that emergency personnel can find your unit quickly when needed
- If you have an alarm system, you should have this checked by the security company on a regular basis as recommended by them
- Make sure your intercom with the village manager is operational all times

Stay safe when you go out:

- Avoid carrying large amounts of cash or valuables but carry a cell phone which you can use in an emergency. Programme in an emergency number
- Avoid walking early in the morning or late in the afternoon and try and avoid isolated areas
- Always let someone know when you are going out alone – a neighbour, family member or complex manager

- Ladies always keep your handbag closed and close by and keep your wallet in an inside pocket. Petty criminals know that you prefer cash to credit cards
- When shopping, never leave your purse unattended in your trolley, even for a second
- It is advisable to use a direct deposit to your bank account for pension and other regular payments due to you.

KEEPING TABS ON THE MONEY



Mrs Colleen Griffith

In these difficult financial times it is good to know and meet with someone who has her fingers firmly on our financial affairs.

Colleen joined our Head Office administration team in 1994 and is responsible for the keeping of all financial data which she does on a Pastel accounting system on her computer. This entails recording of receipts, payments and controls for no less than 380 units in 8 villages or care centres, plus the Head Office Unit. No mean task which also entails the preparation of monthly returns for the General Manager and the Board.

Colleen has considerable experience in both hand written and computerised record keeping, mostly from a similar function she performed for a retirement complex in Kimberley for 10 years where she and her husband, Robert, lived while he worked there for SAA. An ex Collegiate High School scholar she is very happy to be living in Port Elizabeth. Colleen and Robert's eldest son and family live in Ireland while they also have an unmarried son in Kimberley and an unmarried daughter in Port Elizabeth.

C.P. BRADFIELD UPDATE

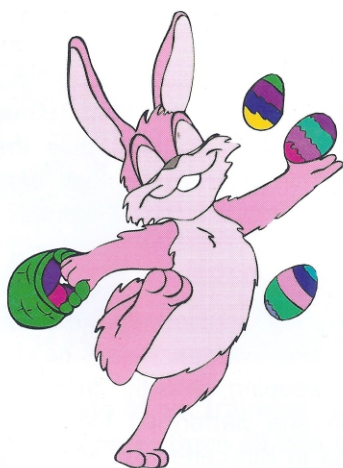


Mr David "Norman" Joubert arrived at C.P. Bradfield on 15 September 2011 and subsequently died on 16 November 2012. His family have donated an amount of R40,000 to Methodist Homes in his memory.

Staff said of him that he was "sweet, somebody with a good sense of humour, who loved his family dearly".

Norman spoke Xhosa and always addressed the staff in their home language for which he was greatly respected.

An anonymous donor from East London recently donated R150,000 which amount was used to pay for the wonderful improvements at the Bradfield Home reported on in the December edition of "MHA on the Bay".



One of the Advantages of being a Senior Citizen is you get to hide your own Easter Eggs

A Good Easter to All of Us

A message from George Irvine



Many of us will be looking forward to the Easter Weekend, especially if this means that some of us can link up with children and grand children. If we still have family geographically near us we are indeed fortunate so enjoy it.

Followers of Christ have always insisted that the events of Easter Weekend some 2000 years ago give them the most important truths out of which they can live. Let me share some of these with you.

Are you living in a bad place emotionally and spiritually? Please remember that because of Easter, resurrections do follow crucifixions. New beginnings are always possible. Do you carry deep hurt? Easter tells us that forgiveness is the only health giving way ahead. Remember we forgive for our own sakes not so much for the people who have wronged us. Are you sometimes worried about the evil behaviour that is seen in our country and indeed in the world? Easter invites us to remember that evil is only the second strongest force in the world. Love trumps evil although sometimes it takes years to do so.

My friend Archbishop Desmond Tutu speaking in Belfast, Northern Ireland said something I have not forgotten. He said that there is, at the centre of things, a force that moves against alienation, brokenness, division and hostility moving us towards unity, harmony, goodness, peace and justice that removes barriers.

I invite us all to live by that force, for it will make us easier to live with as we become agents of change and build, wherever we live, communities of tough love. Remember the open arms of Jesus on the Cross embraces everyone even people we don't particularly like.

"A good Easter to all of us".

George Irvine.