



A MESSAGE FROM THE BOARD

“PLOTting THE WAY FORWARD”

MHA has been in existence in our Metro for over 31 years, and our first village was occupied 28 years ago. Since then the Association has grown in leaps and bounds, as evidenced by some of the facts shared in the last Newsletter. However, it is a dangerous trap for any business (and MHA is, after all, a business, and a very successful one at that) to rest on its laurels, churn out the same products and services year after year, and expect to remain relevant and successful.

Like with all lasting organizations, MHA needs to change with the times; this includes reviewing its business model, its financials and governance and compliance protocols, its human resources needs and, most important of all, to keep in tune with the desires and requirements of its client base (that means you, the residents and patients who form a part of the MHA family).

The MHA Board has gathered from time to time over many years, to consider appropriate strategies for carrying the Association into the next phase of its history. On 4 June 2013 the Board and the Senior Management team spent a productive afternoon plotting the way forward. We identified six Key Focus Areas, being:

1. FINANCIAL SUSTAINABILITY
2. NON-INDEPENDENT LIVING
3. HUMAN RESOURCES
4. OUR OVERALL OFFERING
5. SAFETY/SECURITY/NURSING QUALITY
6. GOVERNANCE

Each Focus Area has a list of issues which must be addressed, in order for them to become part of the Strategic Direction which is required, and so each Focus Area has a “champion” who will select a team of people to assist in creating a new direction. This is already under way. Where appropriate, the Focus Teams will also engage with residents for input, so that changes made will also mirror what you want, and not just what the Board believes may be best. The Board is also considering carrying out a “road show” to all the villages and bedsitters, to explain where we are heading.

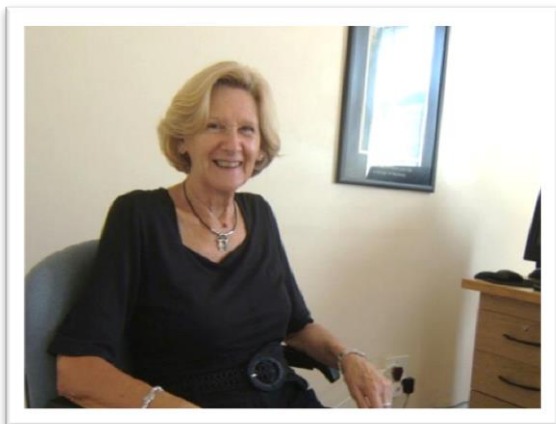
Let us leave you with this message: MHA in Port Elizabeth is currently in a sound state, it has in place a talented and committed Management Team and staff, wonderful facilities in caring environments, it has a Board which is committed to ensuring that the Association moves forward in the right direction, but we are mindful that some changes are necessary, particularly in terms of what is offered and provided to existing and future residents and patients. We cannot and will not stand still!!



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Getting to Know You ...



Professional Nurse and Counsellor Lesley Lawson

We are indeed privileged to have Lesley Lawson on our team at Methodist Homes as our Professional Nurse and Counsellor.

As many of our residents know Lesley Lawson was the founding Matron at the St Francis Hospice in Taybank, Port Elizabeth, which facility was started in 1986 in collaboration with some provincial doctors, nursing sisters and our own founding Chairman of the Methodist Homes Board, Rev George Irvine.

While Lesley was originally employed by Methodist Homes to deal with social issues her role has expanded exponentially and today includes counselling of MHA residents in coping with and adjusting to their changing health situations. Referrals to assisted living in bed-sitters and frail care requires a holistic approach which entails support for residents and their families for the change in circumstance, which are areas for which she is specifically trained.

Her service to St Francis Hospice is valued and she still serves on their Board as Vice-President.

*Something
to Cheer
About*

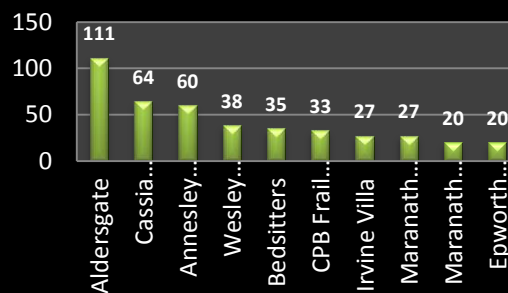


For the first time in 77 years a Brit, Andy Murray won the 2013 Wimbledon Men's Open Championship in London.

News just to hand from Freda Hancocks of Cassia Gardens whose daughter-in-law is in England, Murray has donated all his winnings to Cancer Research – what an incredibly wonderful gesture!

MHA MANAGERIAL EXTENT

Units/ Beds @ MHA



Following on the "Message from the Board" it is appropriate to review the considerable spread of Methodist Homes accommodation totalling 435 Units in Port Elizabeth. When considering this bar chart one soon appreciates the managerial challenges in overseeing MHA on the Bay.



WESLEY GARDENS LADIES REACH OUT



L-R: Edna Spencer, Yvonne Jordan, Margie Clack, Lauraine Bekker, Joy Balshaw, Elsa Schilder, Sandra Lindsay, and Aletta Tandy.

A group of 18 enthusiastic ladies recently met at the Les Lodge Hall for the monthly craft morning. The group was addressed by Essence Turner who works at the "Plain and Purl Wool Shop " in Walmer. She came armed with samples of the very latest knitting yarns.

Essence challenged the group to become creative and start knitting! She will be back at the next meeting to follow their progress! Essence assured the group that she is always available to assist with queries, either at the shop (phone 041 581 1711) or at home.

The group leader thanked the speaker and endorsed the challenge made by her. The morning ended with a great deal of chatter over tea and delicious eats.

The craft club is open to all and would welcome any new members.

Phone Aletta Tandy (ph 041 582 4932) should you like to join us.



*Meet Susan Bosch,
Manager at Aldersgate
who was appointed as from
1st February 2013.
We wish her every success
with her appointment.*

Cassia Gardens Manager Retires

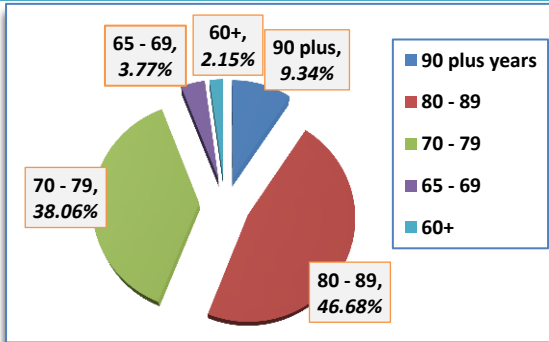
The residents of Cassia Gardens said a sad good-bye to Anton and Diane Hagemeyer at the end of June. Anton has been manager of the complex since 7th February 2005.



*We welcome the new
manager of Cassia
Gardens, Jenny van
Niekerk who
officially took over
as from
1 July 2013. May
her stay be long,
happy and fruitful.*

AGE PROFILE OF MHA RESIDENTS

The interesting "Pie-Chart" reproduced below has been taken from a recent report tabled for the Board of Methodist Homes for the Aged.



What is of particular interest is the remarkable percentage of our residents who are 90 years or older, (9.34%)

Below is a report on a recent party held on 22nd June for those Aldersgate Village residents who celebrated their 90th birthday this year. What is an amazing eight of the eleven nonagenarians were men. Well done Guys.

Among the dignitaries who attended were Hein Barnard and his wife Ronel, Susan and Jannie Bosch and Lesley Lawson.

108 residents turned up to celebrate and partake of the sumptuous goodies laid out on the tables

tastefully decorated by the ladies of the craft club with arrangements dried flowers.

Seen in this group photo are



Back Row: Neal Du Brey, Mike Stones, Alf Cadle, Doug Wilson, Sydney Boulton and Loftus Rothman.

Front Row: Peggy Whitford, Eunice Wilson and Lillian Collett. Absent was Errol Gillbee

Photo by Boetie Brits

Thanks to Jill Mackenzie for assistance with this report

What does an Executor do?

Final article on the importance of having a valid will

Every will should appoint an executor to administer one's estate when they die. The executor has a number of statutory functions and duties to perform which need to be accounted for to the Master of the High Court. Once appointed an executor will;

- Place advertisements in the local newspaper and Government Gazette.
- Close bank accounts.
- Realize assets in terms of the wishes of the beneficiaries.
- Pay creditors who have claims against the deceased.
- Obtain valuations of assets which are not going to be sold.
- Lodge final tax returns, calculate capital gains tax and estate duty liabilities.
- Prepare and lodge with the High Court the required documents.
- Once the formalities are over hand over the assets and cash to the beneficiaries.

This is just a brief synopsis of what has to be done which can take from four to twelve months to complete.

Our thanks to Mr Kevin Helm of the CA Trust Company who contributed this Article

Blood Pressure Readings and what they can mean to you



We are privileged in that our Nursing Sister Manager, Margie Kampman visits each of our villages once a month to take blood pressure readings for those who would like to avail themselves of that service. If you don't have yours done regularly we strongly recommend you do so as your readings can give you timely warnings when steps should be taken to regulate your blood pressure.

There are two most important readings the top number being your Systolic reading and the bottom one your Diastolic reading.

Here are some useful **"guidelines"** for you:

Top Number (Systolic)	Bottom No (Diastolic)	Your Category
Below 120	Below 80	Normal
120-139	80-89	Prehypertension
140-159	90-99	Hypertension Stage 1
160 or more	100 or more	Hypertension Stage 2

If your blood pressure is in the mid-range, you should monitor your blood pressure closely and maintain a healthy life-style. If, however, you are in the last two ranges Margie Kampman will probably advise you to consult your doctor.

If you have heart disease, diabetes, chronic kidney disease or certain other conditions, you'll need to treat your blood pressure more aggressively.



Don't set yourself up for nasty shocks.



*A
message
from
George
Irvine*

In each of our Villages and in the "bedsits" one of the outcomes we hope for is that a sense of community will develop. This is not a sentimental thought because in every community there is always someone who, for someone else, is a hair shirt. Even as I write this I guess I may be a hair shirt for someone in my community at Aldersgate!! I smile with the person who said, "Community is the place where the person you least want to live with always lives." We should never hope for a community where everyone loves one another. That would be impossible. But what is not impossible is that we, in every community, treat each other with respect. This means that when we organise an event people are left free to decide whether or not they attend. Those who do not attend will not be labelled unfriendly. It also means that we speak to each other respectfully honouring each other for who that person is. Best of all, it means that we can never be in serious need without someone being there for us.

Community then is never fully realized. We are always people on the way.

Keep on the road and don't give up. Maybe those who say they don't need anyone should remember that inside them lives a veritable village, made up of people who have influenced their lives for good or ill. Would we not all want to be remembered as people who have left good seeds planted in the lives of the people we have known.

George Irvine.